

**Safetifying from interpersonal violence
through Phasic Protective Sequencing:
A classic grounded metatheory**

by

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Dedication

This research is dedicated:

To my sister, nieces, and nephews who know the devastation, pain, and loss wrought by interpersonal violence. May you always be safe and sound.

To my late brother-in-law Peter Snyman.

To all those who have experienced interpersonal violence—physical, psychological, or emotional.

Declaration

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Title of dissertation: *Safetifying from interpersonal violence through Phasic Protective Sequencing: A classic grounded metatheory*

I declare that the above-named dissertation is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references.

I further declare that I submitted the dissertation to originality checking software and that it falls within the accepted requirements for originality. The relevant document may be viewed in Appendix F.

I further declare that I have not previously submitted this work, or part of it, for examination at Unisa for another qualification or at any other higher education institution.

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Date: 11 November 2020

Summary

This study generates a **metatheory** of interpersonal violence from an initial qualitatively highest scoring academic literature item and theoretically sampling over 200 additional literature items using classic grounded theory methodological analysis and synthesis. **Danger** emerged as the main concern of those experiencing interpersonal violence. **Safetifying** from interpersonal violence through the socio-psychophysical process of *Phasic Protective Sequencing* emerged as the resolution of the main concern.

The metatheory of safetifying emerged in four parts:

1. The first was the socio-structural process of **endangering** with interpersonal violence through the interaction of the people and the elite resulting in endangerment (**danger**).
2. Danger precipitates the socio-psychological process of **safetifying before** interpersonal violence which involves awarenensing, setting up, and evaluating.
3. If the person is attacked, it precipitates the psycho-physical process of **safetifying during** interpersonal violence including resiliencing, finishing, and victoring.
4. The aftermath of an attack or the avoidance of an attack precipitates the psycho-social process of **safetifying after** interpersonal violence including reclaiming, relinquishing, and achieving.

The **metatheory** of **safetifying** was shown to contribute uniquely to the field of interpersonal violence, to many related theories, and to have potential for therapeutic application.

Key terms: Classic grounded theory; Danger; Dedangering; Endangering; Interpersonal violence; Metatheory; Phasic Protective Sequencing; Safetifying; Self-transformation; Tacticking

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To all the victims and researchers of interpersonal violence who have shared their stories and work.

Disclaimer

Interpersonal violence is a sensitive issue. This dissertation is in its entirety an academic analysis and theorising of violence, interpersonal violence, victim main concern, and how people resolve or attempt to resolve the problem of violence. Within these pages there may be indications of what has, could, or should be done in defending against or resolving violence. Notwithstanding anything to the contrary, purported or actual, contained herein, this dissertation and its writer does not in any manner or form either recommend, condone, or encourage anything which either is illegal or may be construed as being illegal, unreasonable, or unfair in regard to any other person, including any actual or alleged perpetrator or otherwise.

Whereas every effort has been made to postulate and exemplify what is understood to be grounded, fair, reasonable, effective, and positive engagements in regard to violence, the writer, university, or any other person or entity associated with this research is not and will not be held responsible in any manner whatsoever for any injury, damage, liability, or loss, real or alleged, that might eventuate in connection with the use, incorrect or otherwise, of any of the information, principles, or possible instructions proffered, expounded, propounded, or even recommended herein. The activities or responses explicated herein may be too dangerous or strenuous for some people, who are advised to consult a suitable expert and/or physician before undertaking anything of the kind.

It is believed that this dissertation and the classic grounded metatheory presented herein could be of considerable positive use to those who have suffered violence and those trying to help them overcome it.

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Chapter 1

Introduction

In violence, we forget who we are

- Mary McCarthy, 1961

Research Problem

Violence has always been a serious problem in the world. The Bible states that "the earth was filled with violence" (Genesis 6:11) in the days of Noah, estimated by some to be about 4,370 years ago (Zaveri, 2019). A hominin (cf. National Geographic Society, 2020) cranium fossil at a cave site in Spain from approximately 454,000 years ago shows evidence of two homicidal blows with a blunt object to the frontal bone (Sala et al., 2015), implying that interpersonal violence has been going on for a very long time. Interpersonal violence is ingrained in our ancestry. We as modern humans need to find better ways of dealing with our aggression than hurting each other.

South Africa is the rape capital of the world (132.4 rapes per 100,000 people), Botswana, Lesotho, Bermuda, and Sweden following with 92.9, 82.7, 67.3, and 63.5 respectively; South Africa has the fifth highest murder rate worldwide (35.9 per 100,000 people), El Salvador (82.84), Jamaica (57), Honduras (41.7), and Belize (37.9) leading the way (World Population Review, 2020). Each murder involves and has a serious impact on many other people including surviving co-victims, family, and friends (Van Wijk, Leiden, & Ferwerda, 2017). "More than 76 percent of South Africans say they have been victims of crimes ranging from kidnapping, murder and sexual assault to robbery and housebreaking" (Automobile Association, 2020). From these crime, rape, and murder statistics alone, the full extent of trauma and suffering caused by interpersonal violence in South Africa and internationally can be imagined. The survivors of this violence could be well supported should the main concern of their violence experience and how to effectively resolve it be adequately identified.

In classic grounded theory "the research problem and its delimitation are discovered" (Glaser & Holton, 2004). This means that it should not be preconceived (Bowen, 2006), but allowed to emerge (Glaser, 2007a). The following consolidation will show how the available literature on interpersonal

violence helps to operationalise the research problem area to: *a classic grounded metatheory of interpersonal violence*.

Searches in the following databases for “violence” and “grounded theory” in item titles produced no result:

- Center for victim research repository: <https://ncvc.dspacedirect.org/discover>
- Grounded Theory Review: <http://groundedtheoryreview.com/>
- Unisa Institutional Repository: <http://uir.unisa.ac.za/handle/10500/506>
- Unisa Library Printed Book and Catalog Collection: <http://oasis.unisa.ac.za/>
- Unisa Library e-Journal Search: <http://search.ebscohost.com/login.aspx?authtype=ip.guest&custid=s7393698&groupid=main&profile=pf>

A search in Google Scholar for “violence” and “grounded theory” in item titles produced 17 results. These results included studies in bullying (1), domestic violence (12), television violence (1), and violence related to masculinity (1) and nursing contexts (2). The same search in CORE (<https://core.ac.uk/>) produced 9 results, 8 of which were duplicates of the Google Scholar results, with the remaining 1 being on domestic violence. All of these studies are grounded theories on specific aspects or types of interpersonal violence. None are grounded theories on interpersonal violence as a collective field (metatheoretical synthesis) such as the present study.

A search in Google Scholar for “interpersonal violence” and “grounded theory” in item titles produced no result. Even a general Google search produced no result which brought the concept of “interpersonal violence” together with that of “grounded theory”. The same search in CORE produced 1 result being a constructivist grounded theory of *men’s disclosure* of interpersonal violence (Simmons et al., 2016). This is a grounded theory of an aspect of interpersonal violence, but is not a grounded theory of interpersonal violence *per se*. And, it is a *constructivist* grounded theory, not a *classic* grounded theory. Hence, it would appear that no readily-discoverable study has yet been undertaken for a grounded theory of interpersonal violence, nor a *classic* grounded theory of interpersonal violence, and neither a *classic* grounded metatheory of interpersonal violence. Also, no study was found in which the title utilises the concept of an *interpersonal violence theory* or a general *theory of interpersonal violence*. The research problem, therefore, centres on the apparent interpersonal violence classic grounded theory and metatheory *gap* in

the literature and how and why to fill it, but the specific research problem itself remains yet non-emergent (Glaser & Holton, 2004). Hence, the literature selection/review in Chapter 2 below was undertaken in order to focus on the research problem area of interpersonal violence theory for elucidation of the range of theory content and insights that may be synthesised into a metatheory.

Classic Grounded Metatheory

What would be the best way to research the problem? Although many thoroughgoing researches on interpersonal violence exist, much of our current socio-cultural heritage is based on ungrounded, simplistic, mechanical conjecture created by elite groups with self-interest and limited input (Glaser, 2007b), with the result that the powers that be do not know how to, and therefore are not able to adequately address social issues like the prevailing flood of interpersonal violence (Beukman, 2017; Dougan, 2018; Madlingozi, 2010). Thus, a research approach is needed that will look at a broad range of interpersonal violence research findings and theories (data) in an open, unbiased manner, examining these in detail in order to discover the vital elements in the process (concepts) and how these play out (metatheory). The concepts would thus be grounded in the data, resulting in a *grounded metatheory*. The theory would not be developed with the imposition of external, interfering frameworks (as in constructivist grounded theory) because that could cloud the real issues (Glaser, 2002b), but it would adhere strictly to the concepts found in the actual research findings and theories under study (classic grounded metatheory). A classic grounded metatheory approach then is seen currently as the most comprehensively thorough way to research interpersonal violence experience and theory.

Aim

The aim of this study is, therefore, to discover the main concern of victims of interpersonal violence and how they most effectively resolve it.

Objectives

The objectives of this study are to:

- *Explain* the derivation of the main concern of victims of interpersonal violence and how they resolve it.
- *Understand* the intensity, meaning, causal, and mitigating factors, impact, support, prevention, and reduction of interpersonal violence, and how they interact with each other.
- *Develop* a relevant, modifiable theory that fits and works (Glaser, 2007c) in the substantive area of interpersonal violence.

Research Questions

The main research question for this study is:

- What is the main concern of victims of interpersonal violence and how do they most effectively resolve it?

Sub-questions include:

- How is that main concern and its resolution derived?
- What is the intensity, meaning, causation, mitigation, impact, support, prevention, and reduction of interpersonal violence and how do they interact with each other?
- How can a relevant, modifiable classic grounded metatheory that fits and works (Glaser, 2007c) in the substantive area of interpersonal violence be developed?

Scope

This study develops a classic grounded metatheory using South African literature first and then international literature in order to achieve theoretical saturation (Glaser, 1965).

Definitions

Violence may be defined as an intentional act to significantly harm another physically or psychologically (Butchart et al., 2015).

Interpersonal violence may be defined as violence occurring between persons, one-on-one, one-on-several, several-on-one, or several-on-several (Appstate, 2019). It would specifically exclude violence by organisations or formal groups (Waters et al., 2004).

For the purposes of this study, then, **interpersonal violence** may include violence such as child and intimate partner beatings, muggings, farm attacks, male and female rape, murder, shootings, and stabbings. Why are farm attacks included? Although farm attacks are reported as well-planned, linked to military-trained crime syndicates (Gumbi, 2017), and directed by some political leaders (Bezuidenhout, 2012), the perpetrators seem to be drawn from a wide range of individuals (Pretorius, 2014), and therefore are not classified as belonging to formal groups or organisations. Farm attacks are thus included in this study's definition of interpersonal violence. Comparatively, Nigerian ethno-religious attacks and Australian mass shootings are also considered expressions of interpersonal violence (Obilom & Thacher, 2008; McPhedran, 2020).

The following words are defined in logical sequence:

- **Endangering**—the production and presentation of endangerment of violence (danger)
- **Threat**—a person who presents a violence intention
- **Target**—a person at whom a threat aims a violence intention
- **Predator**—a threat who not only ostensibly presents a violence intention but will attack if circumstances are conducive
- **Malice predator**—a predator who enjoys the intention and act of violence (cf. De Becker, 1997)
- **Money predator**—a predator who wants assets (cf. Miller, 2011)
- **Attack**—an act of violence
- **Attacker**—a person who attacks
- **Perpetrator**—a predator who attacks
- **Victim**—legally, the definition of a victim depends on injuries sustained, connection to perpetrator action, and fault assignment (Nash, 2007); in this study, a victim is a target who is attacked
- **Survivor**—in the literature, survivor relates to one who, for example, comes through or overcomes abuse/violence (Stander, et al., 2002), cancer (Marzorati et al., 2017), or HIV (Kirchhoff et al., 1995); in this study, a survivor is a victim who survives an attack
- **Victor**—a survivor who lives victoriously
- **Safetify**—making safe from violence
- **Safetifier**—a person who safetifies
- **Protective**—*noun*. an action that protects—see dissertation title above
- **Bystander**—usually, a person present but not assisting another needing help (Clarkson, 1987); for this study, a bystander is a person present at an attack
- **Witness**—legally, a witness is one who has knowledge of a matter (Legal Dictionary, 2015); in this study, a witness is a bystander who sees or hears an attack

- **Supporter**—a witness who supports a perpetrator or victim

Perpetrators, victims, and witnesses of violence may be alternatively referred to as **actors, recipients, and third parties**. This removes the legal emphasis and more neutrally, if not accurately, characterises the essential roles of the parties; third parties include bystanders and supporters (Staudigl, 2013).

Metatheory: “A metatheory is a coherent conceptual system that analyses and accommodates the insights of other theory” (Edwards, 2008, p. ii).

Other core terms, such as **dedangering, awarenensing, resiliencing, finishing, futuring, and victoring**, are explained throughout the study.

Potential Significance

No study has been found in which the title utilises the concept of an “interpersonal violence theory” or a general “theory of interpersonal violence”. Neither has a grounded theory, classic grounded theory, metatheory, grounded metatheory, nor classic grounded metatheory of interpersonal violence been found. This study then is the first classic grounded metatheory of interpersonal violence.

Philosophical Position

Classic grounded theory is open to the use of any ontology held by a researcher, and epistemology suited to the data (Holton, 2007b).

The use of critical realism in qualitative studies and its link to classic grounded theory. Critical realism emerged in the research world as an approach distinct from positivism and constructivism but employing ontological and epistemological aspects of both. This is further elucidated in the following sections. In critical realism, theories in the literature are to be viewed as preliminary, not cast in stone, and subject to modification and elaboration to a more accurate reality through further research. Critical realism research may utilise quantitative statistics for demographic, geographic, or other trend analyses and qualitative data for an in-depth understanding of sociological or psychological experience. Semi-structured interviews can be used, which may or may not incorporate some scale-rated questions to determine specific opinions or interests. Thus, deep qualitative data can be

obtained whilst flexibly weaving certain quantitative aspects into the analysis and interpretation. Alternatively, only qualitative data could be used in a critical realist study (Fletcher, 2017).

Accordingly, critical realism appears to be widely flexibly in its ability to utilise different types of data, but due to its socially-corrective bent, it is suggested that it is best utilised with qualitative data. Critical realism looks for partially predictive causal patterns in the data which can be readily determined through the standard coding procedures of qualitative data analysis. Causation is an important aspect in critical realistic research—why and how certain factors cause others, if this is good or bad, and how to encourage or change the necessary.

Contrary to the opinion of some researchers (q.v. Fletcher, 2017), grounded theory is particularly useful and compatible with a critical realist approach. Extant theory can be engaged with from the beginning and throughout in grounded theory (Glaser & Strauss, 1967), usable even as data itself, but it is how such theory is used in grounded theory which produces a more realistic, balanced, and grounded analysis and result. By thorough constant comparison (Glaser, 1965) of even extant theory with empirical data in grounded theory, the analysis prevents preconceived forcing and ensures that every bit of theory earns its way into the resultant product (Glaser, 2002) through incidence—interchangeability of indicators (Glaser & Holton, 2004)—and relevance.

In addition, Fletcher's (2017) claim that grounded theory is not suitable for critical realist research because the former is inductive and the latter abductive appears to be insupportable for the following reasons:

Firstly, grounded theory does allow the researcher to use a certain amount of abduction—it depends at what conceptual level the process is begun. Abduction begins with an observation and tries to determine the most obvious explanation for it (Douven, 2011). It is assumed that this is not done in a vacuum, but that the explanation is sought first in the data—and if not emergent there—in the theoretical sensitivity of the researcher. Either way, abduction does not necessarily have to force completely irrelevant pet paradigms or theories of the researcher onto the analysis, unless the researcher intentionally desires to skew her work. Accordingly, abduction might even be seen as somewhat akin to constant comparison, provided it is done as objectively as possible. This is not

to try to squeeze abduction into grounded theory, but to illustrate that being critically realistic has essentially little to do with *how* you reason—abductively or inductively—but rather *why* you reason—to produce society-changing solutions. As Reichertz (2007, p. 215) clarifies: “...GT [grounded theory] was to a very small extent abductive from the start and became more and more abductive in its later stage: at least in the work of Strauss.”

Secondly, critical realism is not viewed primarily as methodologically prescriptive so much as philosophically orientative (Holton, 2007). In other words, one can do critical realist research—analysing predictive causation for socio-political corrective purposes—by either induction, abduction, or deduction. Thus, grounded theory’s predominantly inductive approach would seem to be compatible with critical realism.

Ontology. Realism is the ontological perspective that there is an objective reality in the physical world apart from any human view of it (Derksen, 2010). Critical realism sees reality on three levels, empirical (interpretive observation), actual (occurring events), and real (causation); the main aim of critical realism is to explain the cause and effect of social phenomena throughout these three levels; this technique, akin to the thick contextual description of qualitative research, allows critical realism to excel at phenomenon analysis and solutioning (Fletcher, 2017), making it an ideal ontology for the conceptual explication inherent within classic grounded theory methodology and metatheorising, with a view to improving society (Ritzer et al., 2001).

Epistemology. Critical realism holds that the real cannot be fully known, only a small segment of it can be known, and “some knowledge can be closer to reality than other knowledge” (Fletcher, 2017, p. 4). Such an epistemology fits well with classic grounded theory and is consistent with its constant comparative approach (Glaser & Strauss, 1967) for getting as close as possible to “what is going on” (Glaser, 2002a, p. 12) in the data, which include the written word and researcher conceptual perspective (Glaser, 2007a).

Critical realism emphasises that context-sensitive reality can be known by combining empirical observations and interpretations, thus looking at objective reality from a subjective/interpretive perspective (Grant & Giddings, 2002; McAnulla, 2006). An interpretivist paradigm (Holton, 2008) can thus also view reality through the lens of critical inquiry (McAnulla, 2006).

Thus, the philosophical position of this study is an interpretivist epistemology within a critical realist ontology.

Ethical Considerations

Ethical clearance from the University of South Africa. Research ethics approval for the present study was granted on 29 November 2019 until 1 May 2023 by the Unisa Department of Psychology College of Human Science Ethics Committee. The reference number for this approval is: 2019-CHS-PsyREC-03696359. A copy of the Ethical Clearance Certificate can be found in Appendix A.

Ethical factors. Although ethics review committees may grant their permission for a study to proceed, the practical execution of the study is largely up to the moral integrity and judgment of the researcher; this apparent lack of guidelines made it important for the researcher to thoroughly reflect upon the procedures to be used and their ethical implications (Berry, 2009).

Informed consent. As this was a desktop study with no human participants, only using extant research reports available in the public domain over the Internet, there was no requirement for informed consent (Rayment-McHugh, 2018).

Anonymity and confidentiality. Personally-identifiable information which appeared in any of the research used in this study was excluded from mention.

Source ethics. The data sources selected for this study were checked to have followed adequate ethical principles in structuring their studies, including voluntary participation, informed consent, and preservation of anonymity and confidentiality (cf. Thome, 1998). If they did not, they were excluded.

Accuracy and fair treatment. The researcher carefully analysed each theoretically relevant data bit within the findings of the studies under consideration for accurate conceptual coding, collation, and hypothetical extrapolation, in order to ensure that the data was properly treated and not misconstrued in any way (cf. Glaser & Strauss, 1967). The supervisor monitored and checked that this was correctly executed.

Potential risks. There were minimal to zero risks involved in the present study due to non-involvement of any human participant (Babu, 2019).

Possible benefits. Consumers/users of the final report of the present study may achieve greater insight into certain aspects of their violence experience. They may discover some ideas that could contribute to enhancing their quality of life. Practitioners who deal with people who experience interpersonal violence may find the grounded metatheory of the present study helpful in understanding, relating to, and counselling their clients.

No repetition. As has been clearly stated above, the present study is viewed as unique in several ways which positions it as ethically compliant in originality, in that it is in no way a repetition of any known previous study:

- First **grounded** theory of interpersonal violence
- First **classic grounded** theory of interpersonal violence
- First **classic grounded metatheory** of interpersonal violence

Researcher qualification. The supervisor of this study, Dr. M. A. Gumani, who undertook a grounded theory study for her doctoral thesis (Gumani, 2012), had, prior to this study, perused the grounded theory projects that the researcher had undertaken, and she was satisfied that the researcher was capable of conducting a study of this nature.

Personal Perspective

I am interested in the topic of interpersonal violence for the following reasons:

- My car has been stoned twice whilst I was driving: Once in Diepkloof, Zone 4, Soweto in 1984 after measuring a backyard to build a garage and two-room structure for a lady and her family, and the other occasion in 1993 on Spine Road during Operation Vala after a meeting with the South African National Civic Organisation (SANCO) and other community leaders to develop non-profit housing in Harare, Khayelitsha.
- I personally knew a farm murder victim and know three survivors.
- I know people who have been raped, assaulted, stabbed, and beaten, and who have killed other people.

- I am deeply moved and concerned about the plight of the people in all of these cases.
- I wish to come to a greater understanding of such acts of violence and to somehow provide victims and perpetrators with an opportunity to do the same, to the end of all achieving greater peace of mind and a resolve to progress and do better from day to day.
- I am interested in finding ways at all stages of the violence process to mitigate that violence, and to help initiate a downward spiral in the occurrence of violence in South Africa, and if possible further afield.

Presuppositions in relation to the aim and objectives of the study. Prior to embarking on the present study, I thought the main concern of people who experience interpersonal violence was to stop or escape the violence, and that they achieve this by acute observation, assessment, and implementation of a strategy, which could be fight, flight, or acquiescence. Consequently, I carefully analysed the results of studies of people's violence experiences, in order to understand the intensity and meaning of their experience and to recognise what they regard as the main issue concerning the experience, discovering how they managed to overcome the main issue. (The main concern of people who experience interpersonal violence turned out to be *danger*, termed in the metatheory as *endangerment*. This achieved in part the aim of the study to discover the main concern of victims of interpersonal violence.)

I thought that violence was caused by people's frustration with their lives, which can stem from a number of sources, such as, poverty, and lack of food, money, access to facilities and services, as well as displeasure with their personal circumstances or relationships. How that frustration or displeasure is expressed would depend on what they believe, how they were taught and brought up, and how their role models behaved. (The metatheory showed violence causation to also include an interaction of *politics, inferiority projection, legislation, enforcement, town planning, socialisation, cultural norms, alcohol use, and patriarchising*. This fulfilled the first part of the first objective of the study to explain the derivation of the main concern—*danger*—of victims of interpersonal violence.)

I thought that there are ways that people can mitigate violence in their lives and whilst experiencing violence, by using various emotionally intelligent

techniques and defence tactics, that the impact on victims is highly debilitating, and that many more support mechanisms need to be in place to help victims cope and recuperate. (The metatheory showed that more socio-psychophysical counteraction than emotional intelligence would seem to be required in mitigating violence through *safetifying*, and provided a full self-transformative support programme. This accomplished the other part of the aim and of the first objective of the present study which was to discover and explain how victims of interpersonal violence most effectively resolve their main concern—*danger*.)

I believed that a lot should and could be done in South Africa to prevent violence, and that the authorities do not have the will nor the capability to properly do so. (At the end of the present study, I concluded under Personal Learning that “I have realised with more certainty that those in charge who can do something to reduce violence probably will not. This means that the change may have to take place from the bottom up—as explicated in the Safetifying Metatheory.”)

I believed that a well-structured plan, correctly implemented in South Africa, could drastically reduce the incidence of violence. This plan would have to be fiscal, monetary, financial, entrepreneurial (small business), social, diverse, and inclusive. (The metatheory revealed that, as stated above, the people would have to mobilise to bring about the desired violence reduction.)

I believed that the development of a grounded metamodel (Aßmann et al., 2006) and metatheory of interpersonal violence which fits, works, is relevant and readily modifiable (Ekström et al., 2005) could be the basis of a formal theory articulation which could be used in the arsenal to overcome violence in South Africa and maybe further afield. (The basis of this seems to have been achieved in the present metatheory, and further research and implementation might bring this to fruition. Further the overall metatheory achieved the second study objective of understanding the intensity, meaning, causal, and mitigating factors, impact, support, prevention, and reduction of interpersonal violence, and how they interact with each other.)

As a part of this reflexive process of examining my presuppositions, I did some “fantasy work” (Clancy & Vince, 2018) along the lines of imagining what possible types of metatheories might emerge from this study, and the primary

conception of this was limited to what I supposed might be the main concern of experiencers of interpersonal violence, that is, to escape. But, of course, I acknowledged that this indeed might not turn out to be the case, and that I would have to guard against any possible influencing of the research process, including analysis and coding, in this direction. The three possible theory titles which emerged from my thinking were:

Constellating—a theory of self-preservation—a classic grounded metatheory of interpersonal violence.

Extricating—a theory of escape—a classic grounded metatheory of interpersonal violence.

Peacemaking—a theory of conciliation—a classic grounded metatheory of interpersonal violence.

(Safetifying Metatheory revealed that *self-preservation* was an underlying factor throughout, although not named as such, *extricating* was only a quarter of the theory, and that *peacemaking*—also not termed as such—was only 1 of some 35 steps in self-transformation.)

Being aware of my presuppositions in the field of interpersonal violence helped me not to impose these thoughts and beliefs onto the research process or onto my understanding of the data, so that I achieved as accurate a rendition of the main concern as possible and in that manner produced an authentic classic grounded metatheory. This achieved the third objective of the present study to develop a relevant, modifiable theory that fits and works (Glaser, 2007c) in the substantive area of interpersonal violence.

Experience with Classic Grounded Theory

The researcher has undertaken several classic grounded theory projects over the past three years. The following is a summary of the projects he has undertaken:

A grounded theory of classic grounded theory. The purpose of this study was to create a grounded theory of classic grounded theory, in an attempt to comprehensively master the salient concepts involved in classic grounded theory. A total of 33 grounded theory articles were used for coding and theoretical sampling, with a final count of over 330 open codes. A theory of *Knowing Your Self* emerged as the most effective way of working with classic grounded theory principles. It encompasses the researcher timeously analysing and organising data, producing concepts, and successfully communicating

resultant theory. The theory's quality, possible limitations, impact on current practice, contribution to the extant body of knowledge, and areas for further research were discussed. The theory was transferred to other substantive areas and was seen to fit and work in many fields. Combining it with the extant literature, saw the theory begin to grow into an active solution-providing process in individual and group life. As such, *Knowing Your Self*, achieving greater self-knowledge, is not only a way of analysing research problems, but a way of helping people deal with daily issues so as to understand and live life better.

A classic grounded theory of globalism. For this project, I decided to visit various news websites to assess the different news categories and found myself drawn to globalism. I sourced 26 data items (articles and videos) on globalism, and 26 data items on South African issues which were mostly of a global perspective. Thus the 52 data items became my "participants" in the study. I then coded the titles of the items (taken as their main concerns) and created a globalism process diagram, coded a further 800 data bits, and drew up the emerging theory outline. The categories were not yet saturated, and this project had to be temporarily shelved as I had to concentrate on my present studies. Thus, the emerging theory of *Patriotising—A theory of patriotism—A grounded theory of globalism, its effects, and resistance thereto* has not yet been finalised or fully written up.

A classic grounded theory of the Torah/Pentateuch. This study is a classic grounded theory of the first five books of the Bible. The main concern of the narrators and writers of those books was identified as "wanting a land", and their means of resolving this concern emerged as *procurising land through alternating territorial stratagems*. The theory emerged in two parts: phases of alternating territorial stratagems, and process of procurising land. Salient categories of the theory include *ignoring human rights*, *imputing evil*, and *mobilising for takeover*. The primary theoretical proposition of the theory is that violative people, posing as virtuous, ignore others' rights by claiming authority, putting them down, and taking advantage to mark, mobilise, and take over their land. Although no such prior theory was found, it is seen as having emergent fit with the literature on land claims and conquests, and with known experience in a number of countries. The theory also appears to fit, and be relevant, workable, and modifiable as a formal theory of procurising any object of desire through alternating stratagems.

A classic grounded theory of the South African tax system. I started with this study as a part of the requirement for CPD (Continuing Professional Development) hours to retain registration as a Tax Practitioner with the South African Revenue Service (SARS) and as a Financial Accountant with the Institute of Accounting and Commerce (IAC). Having identified the research area as the South African tax system, I ran online surveys—with informed consent—to which I received 89 responses. The main concern of the participants is the state of demoralisation the tax system has brought about. The core variable is *Remoralising South Africa*. I have written over 80 memos so far on the social structural process of *demoralisation* and still need to complete those for the *moralising* main category.

Having had the above-stated experience, and having read numerous classic grounded theories as written up by Doctors of Philosophy, the researcher viewed himself at the start of the present study as an intermediate classic grounded theorist with general capabilities in the methodology. This background has proven advantageous to the requirements of the present study.

Historical Background of Interpersonal Violence

Due to the role-modelling nature of violence (Ember & Ember, 1994)—people emulate violence, so that even war increases interpersonal violence—the background presented below shall treat of all types of violence, including that by organisations or formal groups (cf. Waters et al., 2004) which traditionally fall outside of the definition of interpersonal violence.

Prior to the arrival of the Dutch in the Cape of Good Hope, the African tribes of central Africa had been moving to the north and east of southern Africa and often waged war against the San and Khoisan driving them southward. This involved death and destruction for a lot of people.

The Dutch came to the Cape of Good Hope (modern-day Cape Town) in 1652. They occupied land to which the KhoiKhoi laid claim. By 1659, the Khoikhoi had stolen so much cattle from the Dutch farmers that the latter had a conference with administrator Jan van Riebeeck at which—due to no preferable peaceful means which had been completely exhausted—it was decided to go to war as the only remaining alternative. This decision was all the more solidified as, during

the conference, Doman—the Khoikhoi leader—and his men attacked a farm and killed a herder, Simon Janssen. Farmer families were relocated to the Fort for safety, guards were posted on farms and equipped with Boerboel dogs, three extra watch houses were built, more soldiers were shipped in, and a fence was erected and patrolled along the settlement line. South Africa had just had its first farm attack, and little did it know that tens of thousands more were to follow.

Oedasoia, leader of another Khoikhoi clan, was at war with Doman. He approached the settlers and offered an alliance and men to help to fight Doman. The settlers refused but were generally unsuccessful in their attempt to engage Doman as he had a very effective sentinel system across the hills of the area. After several skirmishes, however, Doman was wounded, and his clan left the area. Then the settlers continued to live in peace with the nearby Strandloper clan with whom there had never been any conflict. In 1660, Doman entered into a peace treaty at the Fort. It was agreed that the land occupied by the settlers would belong to them, Doman and his people could only enter it for purposes of trade and returning stolen cattle, and they would not be treated harshly for having killed the farmer, stealing the cattle, or for any other misdeed during the war.

Having provided this brief introduction to violence in South Africa, the following is a list of some of the subsequent most important South African and international violence-related events for illustrative purposes:

- 1672—Cochoqua and Chainouqua Khoisan clans waged war on each other.
- 1672—Cochoqua attacked and robbed 3 Dutch game hunters.
- 1672—Cochoqua made many attacks on surrounding Khoisan groups.
- 1673—Cochoqua captured and murdered 9 game hunters at Moordkuil.
- 1673—Cochoqua attacked and killed 4 soldiers at Saldanha Bay.
- 1673—Cochoqua fought burghers wounding 1; 12 Cochoqua wounded.
- 1675—Cochoqua attacked at Tigerberg killing several Chainouqua.
- 1676—Cochoqua warring against Chariguriqua and Namaqua.
- 1676—Chainouqua and burghers jointly killed several Cochoqua.
- 1795—The UK captured the Cape Colony at the Battle of Muizenberg.
- 1804—Cape restored to the Dutch.
- 1806—British defeated the Dutch again at the Battle of Blaauwberg.
- 1779-1879—9 wars between settlers and Xhosa allies and the Xhosa.

- 1817-1819—War between King Shaka Zulu and Ndwandwe.
- 1820—War between King Shaka Zulu and Ndwandwe.
- 1815-1840—Mfecane wars caused by Shaka; about 2 million killed.
- 1838—The Battle of Italeni—the Zulus beat the Voortrekkers.
- 1838— Weenen—Zulu massacre Basuto, Khoikhoi, and Voortrekkers.
- 1838—The Battle of Blood River—Voortrekkers beat the Zulus.
- 1879—Anglo-Zulu War—British won after about 7 battles.
- 1880-1881—Anglo-Boer War—Boers beat the British.
- 1895-96—5-day Jameson Raid—British against Boer.
- 1899-1902—2nd Anglo-Boer War—the Boers and black African allies lost.
- 1914—Maritz Rebellion—Koos de la Rey shot and killed at roadblock.
- 1915—World War I—SA army conquered German South West Africa.
- 1915—SA army attacked German forces in Tanganyika.
- 1916—SA army fought on Western Front in France.
- 1917—The Cape Corps fought the Ottomans in Gaza, Palestine.
- 1940-1945—World War II—SA Defence Force fought against Germany.
- 1952—Korean War—SA fighter pilots took part in over 12,000 sorties.
- 1966-1979—Rhodesian Bush War—SA army and air force fought insurgents.
- 1976—The Soweto Riots—violence and burnings against education system.
- 1979—Alafang Secondary School, Katlehong—classroom water sabotage.
- 1981—SA defence force agencies failed at a coup in the Seychelles.
- 1984—Antony Last's vehicle sabotaged and stoned in Diepkloof, Soweto.
- 1986—ANC-inspired unrest and violence led to military coup in Lesotho.
- 1966-1989—South African Border War against Angola and Zambia.
- 1993—Antony Last's vehicle stoned in Khayelitsha doing non-profit housing.
- 1966-1994—The Struggle—political sabotage, repression, and infighting.
- 2009—Rainbow Nation advocate Peter Snyman murdered in farm attack.
- 2016—The most countries in 30 years experienced violent conflict.
- 2017—19,000 people killed by terrorists worldwide.
- 2017—89,000 people killed in violent conflicts worldwide.
- 2017—Social media causing increase in xenophobic violent incidents.
- 2017—Domestic femicide rates increasing worldwide.
- 2017—Nearly 500,000 people murdered worldwide.
- 1990-2020—Increasing violence in SA—domestic, rape, farm attack, etc.
- 1994-2020—Xenophobic attacks commonplace in SA with many refugees.
- 2020—Political violence is increasing and creating disorder worldwide.
- 2020—Organised crime, militia, and gang violence are increasing worldwide.
- 2020—Violent rioting and demonstrations are also increasing worldwide.

The above section is based on information provided by Lancaster (2017), Raleigh (2020), United Nations (2020), and Wikipedia (2020). A more extensive treatment of the history of violence is unfortunately beyond the scope of this dissertation. Both South Africa and much of the world have relatively violent histories and presents. Violence started or sponsored by the political elite has a ripple effect in wars, conflicts, terrorism, domestic violence, and all sorts of interpersonal violence (Ember & Ember, 1994).

Global and South African Legal Framework for Interpersonal Violence

Various treaties, declarations, and legislation have been created in South Africa and globally for the regulation of violence. In addition, many organisations have been established to combat violence and to support victims of violence.

Violence regulation treaties. Numerous treaties and declarations have been created worldwide for the prevention of societal violence. As well-intended as these might be, most of them seem to fall short of effective implementation. The following are two examples of such declarations:

UN General Assembly—Declaration on the Elimination of Violence against Women (1993). This proclamation by the General Assembly of the United Nations (UN) in 1993 urges member states, of which South Africa is one, among other things, not to rely on any tradition for the avoidance of eliminating violence against women (United Nations, 1993). It, however, appears from statistics (see above) that South Africa is not being very effective at eliminating violence against women, and that it is directly contravening UN sanction on invoking traditional songs like “Kill the Boer” which has resulted in the brutal assault, torture, and murder of thousands of womenfolk and children on over 17,000 South African farms (Wilkinson, 2018).

SADC Declaration on Gender and Development for the Prevention and Eradication of Violence against Women and Children. This declaration was signed by South Africa in 1997. It contains numerous noble measures such as the adoption of legislation and procedures to eliminate all kinds of violence against women and children, the provision of free and adequate social support for victims of such violence, the running of sensitisation programmes, and the allocation of sufficient money and resources to achieve this (ACHPR, 1997).

Unfortunately, very little of such efforts has been witnessed by the public in the last two decades, with the result that in 2017 about 10 South African women were murdered for every 100,000 people, whereas the global average was about 3 per 100,000; also, in 2017, about 3.8% of black men stated that they believed it was acceptable to hit a woman, 1.5% of coloured men, 1.4% of white men, and 1% of Indian men thought the same, and 7.7% of men found it acceptable to hit a woman if she argues with them (Statistics SA, 2018).

Violence regulation legislation. A great number of laws have been promulgated for the intended limitation and control of violence in many countries across the globe. Two illustrative items of legislation are reviewed below.

Legislation to address the issue of female genital mutilation (FGM). Chad law regards FGM as violence committed against a woman, and it is illegal there; Côte d'Ivoire prohibits FGM for health reasons; Djibouti sees FGM as violence and has criminalised it; Egypt made FGM illegal in 1998, although in 2005 it was estimated that almost 96% of young to middle-aged Egyptian women had been genitally mutilated; many other countries around the world also have laws against FGM and violence towards women, but the violence still continues, and so does FGM, even in America (Ras-Work, 2009).

Domestic Violence Act 116 of 1998. In South Africa, domestic violence legally includes verbal and economic abuse, threats of violence, as well as controlling behaviour. Although the murder rate for women dropped between 2000 and 2015 from about 21 to 10 per 100,000 people, it is still more than 3 times the global average as shown above (Statistics SA, 2018), indicating that the Domestic Violence Act (Justice, 2008) may have had some success, but certainly still falls far short of being sufficiently effective. The South African Police Service (SAPS) has not been properly complying with this Act, with 185 of its members found in 2017 to be domestic violence offenders themselves (Beukman, 2017).

Violence combative institutions. Numerous organisations have been formed internationally and in South Africa in an attempt to combat violence.

International. There are many organisations around the world who work in one way or another to stop violence. The following are 7 examples of these:

World Health Organization (WHO). One hundred and ninety-four countries are members of WHO. Among other things, it publishes policy and clinical guidelines for “Responding to intimate partner violence and sexual violence against women” (World Health Organization, 2013), and works to keep the world healthy and safe (<https://www.who.int/about/what-we-do>).

Institute for Economics and Peace. This organisation is a think tank dedicated to promoting global peace and showing how it can be achieved (<http://economicsandpeace.org/>).

The Violence Prevention Alliance (VPA). This alliance is a group of WHO member countries, NGOs, and worldwide agencies that subscribe to the *World report on violence and health* (Krug et al., 2002), released by WHO, and implement violence prevention principles in their own sectors (<https://www.who.int/violenceprevention/en/>).

The Society for Advancement of Violence and Injury Research (SAVIR). This society operates among other aspects as a research resource and facilitator across countries (<http://www.savirweb.org/>).

The Safe States Alliance. This non-profit organisation exists and operates for the prevention of violence and injury (<https://www.safestates.org/>).

Stop Violence Against Women—A project of The Advocates for Human Rights. This is an online forum for information and promotion of activities to prevent violence against women (<http://www.stopvaw.org/>).

Futures Without Violence. This organisation promotes campaigns and programmes to end violence against women (<https://www.futureswithoutviolence.org/>).

South African. The following are three violence combative initiatives in South Africa.

National Crime Prevention Strategy (NCPS). Started by the South African Cabinet in 1995, it is intended to delineate how to address the high levels of crime in South Africa. The relatively ineffectual Victim Empowerment Centres at South African Police Stations dealt with below flow from the Victim Empowerment Programme promoted by the NCPS. See here for more details: <https://www.gov.za/documents/national-crime-prevention-strategy-summary>

Centre for Justice & Crime Prevention (CJCP). This centre is a non-profit organisation that focuses on research and solutions for violence prevention (<https://www.end-violence.org/members/centre-justice-and-crime-prevention-cjcp>).

The Centre for the Study of Violence and Reconciliation (CSVR). This is a research and advocacy organisation with a torture victim support service (<https://www.csvr.org.za>).

Violence victim support structures. Several efforts have been made to initiate some kind of support mechanisms for victims in South Africa.

South African Services Charter for Victims of Crime (Victims' Charter). This charter was approved by the South African Cabinet in 2004 and presents seven rights of victims among which are the rights to protection, respectful and fair treatment, compensation, and assistance (Shozi, 2009). It is one thing to wax eloquent about virtuous things that need to be done to help survivors of violence, but it is a completely different thing to have the political will and knowhow to implement them. Sadly the abounding evidence shows that the South African government is lacking in these areas (cf. Dougan, 2018). This scathing assessment begs the question why the South African government can lock down a country for only a 178 deaths in 6 weeks from COVID-19, whereas 1,375 people died from the flu (influenza), 2,394 were murdered, and 6,006 were raped in the same period (Wikipedia, 2020). Did the South African government ever think of acting as seriously against murder and rape as it has against the corona virus, and, if not, why not?

National Policy Guidelines for Victim Empowerment. The South African Department of Social Development published these guidelines (Social Development, 2009) in association with the United Nations Office on Drugs and Crime (UNODC) and the European Union. They are intended to establish preferred procedures for cooperation between sectors and departments towards victim empowerment. Again, the daily experience of increasing incidents of violence in South Africa with the concomitant inability of public services to effectively help crime victims, points to endemic victim disempowerment (cf. Madlingozi, 2010).

The Road to Justice—Victim Empowerment Legislation in South Africa—Road Map Report. This is a helpful document which assesses victim needs and

makes recommendations for improved care (Dey et al., 2011). Although it would only have been 2 years from the publication of the National Policy Guidelines above, it is worth noting the lacuna of thought and insight regarding the need for legislation change at that time of publication, which gap was attempted to be filled by this subsequent Road Map Report.

Victim Empowerment Centres. Every police station in South Africa has volunteers and a Victim Empowerment Officer who have been trained to help violence victims. These centres, otherwise known as Victim Support Centres (VSCs), are however not all properly resourced and fully functional (Beukman, 2017).

TEARS Foundation. TEARS is a Public Benefits Organisation (PBO) and a Non-Profit Organisation (NPO) online guidance and support company for rape and domestic violence victims (<https://www.tears.co.za/>).

The world and South Africa seem to have made some good effort towards addressing the problem of violence, and yet, violence is everywhere on the increase. Perhaps we do not understand the problem of violence well enough, after all, and do we really know how to dismantle the causation, rebuild our society, and make and keep ourselves safe?

Description of Research Topic

The research topic for this study is how people resolve their concerns with danger in experiencing interpersonal violence.

Generally-speaking, people have always tried to safetify themselves—make themselves safe. This takes place anytime and anywhere—in fact, it takes place all the time. This study’s metatheory of Safetifying from interpersonal violence through Phasic Protective Sequencing deals with people’s concern with endangerment—danger—and how they resolve it.

Endangerment emerges when the ruling elite and the people’s mutual interaction within a disintegrating social context produces predators who are willing and able to attack others. To manage, try to evade, and overcome such endangerment and attacks, people select and engage in various protective measures. They may do so prior to an impending attack, during an attack, or

after an attack. Phasic Protective Sequencing is a way for people to safetify themselves, their loved ones, and their environments.

The safetifying process takes place in three phases: before, during, and after violence. During all phases the person utilises awareness in differing ways and on different levels. Before violence, a person is confronted with a danger and instantly evaluates the setup to avoid an attack. If attacked, “during violence” the person uses her resilience to try to finish the attack—stop the perpetrator or escape—whilst reaching for the future—psychologically—to ensure her victory. After an attack, the person’s resilience is further engaged to help her transform her life by finishing up unfinished business and ensuring her ongoing progress into a victorious future. Safetifying in these ways sharpens a person’s ability to recognise and avoid danger, manage and escape attack, and disentangle, reclaim, liberate, strengthen, and grow as a person. Safetifying makes a person physically and psychologically safe.

This dissertation provides a full analysis, synthesis, and explication of the origin of endangerment and the process of safetifying through Phasic Protective Sequencing to resolve the endangerment.

Summary

The research problem was shown to stem from the absence of interpersonal violence theory in the literature. The study aim emerged as the main concern of interpersonal violence experiencers and how they resolve it, such a quest being fundamental to classic grounded theory enquiry into any topic. A critical realist and interpretivist epistemological approach was indicated to be taken with strict ethical standards. The researcher was seen to hold belief in the essential goodness of people and that violence can be overcome. His intermediate experience in classic grounded theory studies was exemplified. The world’s long and continuous history of interpersonal violence was referenced. Numerous legal frameworks to attempt to combat interpersonal violence with preponderant concomitant ineffectuality were illustrated. The study topic revealed how the main concern of endangerment arises and how safetifying resolves it.

Chapter 2

Literature

Life is amorphous, literature is formal

- Françoise Sagan, 1958

Introduction

This chapter first outlines the appraisal criteria for selecting literature items for review and as data in this study. It then explains how certain interpersonal violence literature was selected as data, the identification of an initial purposive sample of 1 literature item, and the subsequent selection of 84 items as a prospective theoretical sample. Finally, it reviews the violence theory literature which includes the abovementioned 85 items and an additional 52 abstract-only items, totalling 137 literature items. The abstracts and titles of these items were coded for their main themes, sorted, and used for reviewing the literature. The eight themes that emerged were: Violence causation, therapy, prevention, reduction, impact, prevalence, research, and reporting.

Appraisal Criteria

Various criteria were used to evaluate the quality of literature items for inclusion or exclusion in this study for review and as data.

Text availability. Some studies were not available without the payment of high prices for access. Unfortunately such studies could only be reviewed by abstract. Thus, generally, only studies that were available free in fulltext were considered for data selection.

Title and abstract keywords. Relevant keywords in the titles and abstracts of literature items were used in online searches, such as “violence” and “theory”/“theories”.

Aim/objectives. The research questions, aims, and objectives of a study were reviewed to ensure adequate focus on some aspect of interpersonal violence theory.

Ethics and bias. Only studies that showed that appropriate ethical principles had been followed for the specific type of study were included. Studies that appear to have an inordinate amount of participant or researcher bias were excluded (Stall-Meadows & Hyle, 2010).

Disciplines. The scope of the fields of interest or disciplines on which focus was placed include psychology, sociology, and criminology. These areas can be seen to fall clearly within the progressive environments within which the individual interacts throughout the course of a lifetime as illustrated in the social-ecological model of human development (Bronfenbrenner, 1977; Bronfenbrenner & Morris, 2007). Although the use of other disciplines was entertained at certain points, care was taken not to deviate from the psychological focus of the study.

Context. The procedure focused on selecting studies geographically in the following sequence: As many studies as possible complying with all inclusion/exclusion parameters firstly from South Africa. As this did not provide sufficient items, the procedure was taken to Africa, and thence globally.

Databases. Literature databases that were searched include:

- African Journals Archive
- Center for Victim Research Repository
- CORE - world's largest collection of open access research papers
- EThOS e-theses online service
- Google Scholar
- Grounded Theory Review - An International Journal
- National ETD Portal: South African theses and dissertations
- Nexus: Current and completed research projects (NRF)
- Open Access Theses and Dissertations
- ProQuest Dissertations & Theses: Global
- ProQuest Psychology Journals
- PsycINFO, PsycARTICLES, and PsycEXTRA
- ResearchGate
- Sabinet
- Sage Journals Online
- UnisaETD: electronic theses and dissertations
- Wiley Online Library
- WorldCat Dissertations and Theses

Source types. The types of literature sources which were considered for review or data included peer-reviewed articles and scientific books.

Period. The literature time period of the publications selected were initially from and included 2017 to 2019. As this period did not yield sufficient suitable data, the period was extended incrementally to earlier years. Eventually, as theoretical sampling dictated, and as the provisional theoretical sample of 85 items proved insufficient, the time period was opened up to any year including 2020. The initial procedure did however ensure prior inclusion of the most recent works on interpersonal violence which was deemed important in ensuring the production of a temporally relevant metatheory.

The table below shows the Data Evaluation Sheet devised and drawn up by the researcher for the purposes of applying the above appraisal criteria. It was used to decide which extant studies to include as data and which to exclude.

Table 1—Data Evaluation Sheet—Interpersonal violence literature

Data Evaluation Sheet: Interpersonal violence literature		
Ask all of these questions of each study considered for inclusion and follow the guideline.		
<u>Inclusionary questions</u>	<u>Guideline</u>	
1 Is it from a peer-reviewed/acclaimed database?	Yes, continue	No, exclude
2 Does the word "violence" appear in the study title?	Yes, continue	No, exclude
3 Was it published from 2017-2019 first, then earlier years?	Yes, continue	No, exclude
4 Does it follow the priority of South Africa, Africa, then the world?	Yes, continue	No, exclude
5 Has it been peer-reviewed or scientifically published?	Yes, continue	No, exclude
6 Is a fulltext version of the study readily available?	Yes, continue	No, exclude
7 Is it in the field of psychology, sociology, and criminology?	Yes, continue	No, exclude
8 Participants experienced some form of interpersonal violence (IV)?	Yes, continue	No, exclude
9 Some detail provided concerning participant main issue/s?	Yes, continue	No, exclude
10 Some coverage of cause, experience, mitigation, or coping?	Yes, continue	No, exclude
11 Do the research questions, aims, and objectives relate to IV?	Yes, continue	No, exclude
12 Have appropriate ethical principles been followed?	Yes, continue	No, exclude
<u>Exclusionary questions</u>		
13 Is a preconceived theoretical framework forced onto study?	No, continue	Yes, exclude
14 Is it purely statistical report or a case study?	No, continue	Yes, exclude
15 Is there an inordinate amount of participant or researcher bias?	No, continue	Yes, exclude
<u>Final question</u>		
16 Is this study needed for the present sampling stage?	Yes, include	No, exclude

Note 1: Some criteria are assistive and supplementary. For example, "violence" should appear in a study title, but "interpersonal", for example may not appear in every selectable study. Thus, "interpersonal" cannot be stipulated as a word that must appear in titles for exclusionary purposes.

Note 2: Not all questions are fully explained in the sheet, but should be interpreted with reference to the study context, for example: "Was it published from 2017-2019 first, then earlier years?" means "Was it published from 2017-2019 first, and if not, consider the next earlier year incrementally until sufficient studies have been found?"

Note 3: Being aware of all questions whilst reviewing can save time, in that one might jump around from question to question in no particular order as the issues appear during the review.

Selection of Interpersonal Violence Literature as Data

As a metatheory, this study draws its data from the findings, theories, and theoretical propositions of prior research found in the literature.

The literature was searched for recent relevant items from which to sample. Searching for theories of interpersonal violence is a reasonably complex procedure. Inclusion of key terms in a study's title is deemed by its very nature to be indicative of relevance.

The following is a delineation of in-title violence searches undertaken, showing results:

- *South Africa interpersonal violence theory*—no results.
- *South Africa interpersonal violence*—several results
- *South Africa violence theory*—two, but no relevant results.
- *interpersonal violence theory*—only a few studies.
- *interpersonal violence*—several more.
- *violence theory*—considerably more; searches yielded studies on domestic violence, rape, etc., which are forms of interpersonal violence, although not referred to as such.
- *grounded theory violence*—searches yielded bullying, domestic, and sexual violence studies.
- *South Africa violence*—yielded many results, a number of which deal with interpersonal violence types, such as violence against women and farm attacks; in some of these studies there are implicit theories or theoretical aspects which can be of import to a metastudy of interpersonal violence.

From all of these, a sizable pool of quality studies was drawn for possible sampling described below.

The following is the first focused category search yielding results from which the initial 8 literature items were selected by the appraisal criteria established above for review and possible data sampling. From these, the item with the highest appraisal rating was selected as the initial purposive sample for this study.

South Africa interpersonal violence. A fulltext all-in-title search for *South Africa interpersonal violence* within the past decade in the following 9 databases yielded 11 results: Google Scholar, Journal of Interpersonal Violence, Jstor, ProQuest Dissertation & Theses Global, PsycArticles, PsycBooks, ResearchGate, Taylor & Francis Online, and Unisa Institutional Repository. Of those results, 3 were excluded due to non-alignment with the objectives of this study, and 8 were retained for review and possible purposive or theoretical sampling.

Purposive sample. Each of those 8 literature items were evaluated by the appraisal criteria in the Data Evaluation Sheet (see Table 1 above). Then the item with the highest degree of relevance, peer-review, ethicality, and objectivity was selected as the initial purposive sample for this study. It is the article entitled *Factors which predict interpersonal violence in South Africa*, written by Lincoln J. Fry (2014) and published in *South African Family Practice* (56:5, 271-275).

South Africa violence. A two-year violence study collection made by the researcher was searched for South Africa violence studies. Of the 25 found, 15 quality studies were selected for review and possible sampling, and 1 other study was added from the **Violence theory** group described below, due to it being South African, bringing this total to 16.

Interpersonal violence theory. A fulltext all-in-title search for “*interpersonal violence*” theory within the past decade in the 9 aforementioned databases yielded 5 relevant results. Of those, one was excluded due to the absence of a satisfactory level of declared ethical research standards. The remaining 4 were retained for review and possible sampling.

Interpersonal violence. A similar in-title search for “*interpersonal violence*” yielded 12 relevant results. Of those, 3 were excluded due to ethical issues (e.g. no statement concerning having obtained informed consent from participants), and the other 9 were retained for review and possible sampling.

Violence grounded theory. A Google Scholar search for *violence* and “*grounded theory*” in item titles produced 15 fulltext results. After assessment for publication in the last decade, relevance, and quality, only 6 domestic violence studies could be retained for review and possible sampling.

Violence theory. If one wishes to search for items in Google Scholar which have certain words in the titles, the command to use is: allintitle: [followed by

the words]. The results will show only items with all the specified words in their titles.

A fulltext Google Scholar search for *allintitle: violence theory* within the past two years yielded 49 related results. Of those results, 10 were eliminated from the list due to actual irrelevance or the absence of a satisfactory level of research standards as assessed by the Data Evaluation Sheet (see Table 1 above). Thirty-eight were retained for review and possible sampling, after one study that was identified as being South African was moved to the **South Africa violence** group above.

African gender-based violence. All of the above searches did not yield any results on the gender-based violence of female genital mutilation widespread in Africa, and breast ironing less widespread, both of which, however, are spreading in South Africa (Knopova, 2016; Verri & França, 2013). A Google Scholar search for these forms of interpersonal violence yielded 4 quality studies which were added to the pool for possible theoretical sampling.

Theoretical sample. This brought the total potential sampling pool, besides the one initial purposive sample, to 84 high-quality relevant studies, made up as follows: South Africa interpersonal violence (7); South African violence (16); interpersonal violence theory (4); interpersonal violence (9); violence grounded theory (6); violence theory (38); and, African gender-based violence (4). It was decided that if these did not prove to be sufficient, additional suitable studies would be sought and utilised.

Review of Violence Theory Literature

As already stated, the data for this study are literature items. Therefore, a comprehensive review of the violence theory literature does of necessity include a review of the available data. The *allintitle: violence theory* Google Scholar search referred to above also yielded 56 abstract-only related results. Of those, 52 appeared, as far as could possibly be determined, compliant with the quality evaluation criteria of peer-review, ethicality, objectivity, and relevance to violence theory. These were selected, bringing the total number of studies for review to 137.

The abstracts and titles of all 137 studies were re-read, analysed, constantly compared, and each coded for their main issue (theme). A printout of the Google Sheet used for this purpose can be seen in Appendix B, entitled **Violence Theory Literature Review Sheet**.

The emerging themes were then sorted into groups. Note that this coding was done for the main issue of each *study* itself, not the main issue of any *participants* that may have taken part in the studies. The former is a matter of literature review and the latter of data analysis in the present study. This literature review, then, should not in any way be seen as premature data analysis, as the basis for it is entirely different from the data analysis in the following chapter. The analysis of the data as participant and theory insights from the literature is fully explicated in that chapter on method and presented in a different spreadsheet for that purpose.

Eight main themes emerged, shown below with the number and percentage of studies for each:

Table 2—Emergent themes from review of violence theory literature

<i>Main themes</i>	<i>n</i>	<i>%</i>
violence causation	61	44.53
violence therapy	28	20.44
violence prevention	21	15.33
violence reduction	11	8.03
violence impact	9	6.56
violence prevalence	3	2.19
violence research	2	1.46
violence reporting	2	1.46
Totals:	137	100

It is clear from these results that recent violence theory research has concentrated mainly (some 45%) on trying to establish causes or contributing factors to violence (violence causation). A little more than 20% of studies have dealt with the aftermath of violence in researching ways to assist those who have experienced interpersonal violence (violence therapy; “therapy” is used broadly here to include helping people manage, cope with, and overcome their violence experiences). Only about 15% of studies looked at violence prevention and 8% at violence reduction. Taken together, the latter two give 23% for studies grappling with ways to stop violence from ever occurring or reducing it where it

does occur. There seems to be an imbalance in this distribution of violence studies. Knowing the causes of violence is admittedly important in order to know what to change, but knowing how to properly implement violence prevention and reduction measures would seem to be equally if not more important. Yet it seems very little research is being done on such measures. Moreover, helping people manage, cope with, and overcome their violence experiences would appear to be the most pressing issue of all, and yet violence therapy studies make up only one-fifth of the total. Accordingly, this study contributes to the restoration of greater balance in violence research by its emergent theory dealing intensively with certain key prevention, reduction, and therapy aspects of interpersonal violence.

Fifty-one established theories of different types were *utilised* in 61 of the 137 studies, shown here by name and number of studies for each:

Table 3—Established theories covered in review of violence theory literature

altruistic punishment theory	1	destabilization theory	1	mind theory	1	social capital theory	1
anthropological theory	1	failure theory	1	mind theory (impairments)	1	social cognitive career theory	1
antisocial behaviour theory	1	framing theory	1	neutralization theory	1	social cognitive theory	2
bimodal theory	1	identity theory	1	planned behaviour theory	2	social disorganisation theory	1
change theory	1	importation theory	1	political media theory	1	social feeling theory	1
collective efficacy theory	1	integrated theory	1	political theory	1	social structure theory	1
complexity theory	1	interaction ritual chains theory	1	reasoned action theory	1	structuration theory	1
conflict transformation theory	1	international political theory	1	relational-cultural theory	1	structural violence theory	1
contextual interaction theory	1	item response theory	1	routine activity theory	3	suicide theory	1
criminology theory	2	just war theory	1	securitization theory	2	technoscience theory	1
critical race theory	1	life history theory	1	self-determination theory	1	terror management theory	1
cultural betrayal trauma theory	1	macro-level strain theory	1	significance quest theory	1	terrorism theory	1
cultural spillover theory	2	mimetic theory	2	situational action theory	3		

Only a handful of these are theories that relate directly to violence. The rest are theories that were utilised in the studies to analyse or elucidate violence data and findings. The fact that approximately 45% of the studies reviewed *utilised* such an array of well-established theories is testimony to the level of sophistication and theoretical orientation in the research. More than 44% of these studies are among the literature selected above as potential data for this study.

Twenty-five theories were *propounded* in another 25 of the 137 studies, shown here by name, which in some cases were implied rather than given:

Table 4—Propounded theories covered in review of violence theory literature

alcohol violence theory	phatic violence theory	violence desistance theory
antifoundational democracy theory	queer theory	violence disclosure theory
busy streets theory	self-sacrificial violence theory	violence exposure theory
change theory	semiotic state power theory	violence impact management theory
economic solvency theory	sexual violence theory	violence prevention theory
exterminist violence theory	social-emotional world theory	violence psychodynamic theory
honour violence theory	state violence monopoly theory	violence public reaction theory
monotheistic empiric violence theory	thwarted belongingness theory	
non-violence theory	violence coping theory	

This is evidence of theory *creation*, which again augurs well for the orientation of these studies towards theory and understanding of the relevant phenomena. Forty percent of these studies are among the potential data literature for this study.

Twenty-six theories were *emergent* in the remaining 51 of the 137 studies, shown with the number of studies for each and named for the research content:

Table 5—Emergent theories covered in review of violence theory literature

adolescent homicide theory	1	psychopathy violence theory	1
alcohol violence theory	3	victimisation handling theory	1
delayed sex theory	1	violence causation theory	5
digital media theory	1	violence disclosure theory	2
disease risk factor theory	1	violence distress theory	1
family violence theory	1	violence prevention theory	7
feminist research theory	1	violence reduction theory	1
hate crime theory	1	violence research theory	1
inequality violence theory	1	violence therapy theory	12
male victimisation theory	1	violence victimisation theory	1
patriarchal violence theory	1	violent crime theory	1
post-colonial violence theory	1	xenophobic violence theory	1
pro-social behaviour theory	1	youth violence theory	2

This shows the *implicit* theoretical nature of the remainder of the review studies. More than 94% of these studies are among the potential data literature for this study.

Accordingly, all 137 studies in this review, which, as stated, include the data literature, are seen in one way or another, either by utilisation, emergence, or implication, to have a theoretical orientation. Yet all of these theories or theoretical statements are either about specific types or aspects of violence, such as domestic violence or violence prevention. It can therefore be reiterated that none of these studies produce a theory of interpersonal violence *per se*.

This study, however, does so, by developing a classic grounded metatheory of interpersonal violence.

The selected 137 studies will now be reviewed under the emergent themes:

Violence causation (n=61). Alcohol, environmental inequality, and hate are some of the main players in violence causation worldwide, often affecting the youth.

South African violence causation (n=13). South Africa has developed a culture of violence (Vogelman & Lewis, 1993; Galtung, 1990). Erroneous beliefs about entitlement to violence has led to this culture which breeds further erroneous beliefs and acts of violence. It is in effect an amplifying causal loop (Glaser & Holton, 2005; cf. Russell et al., 2013).

South African violence causation—cultural factors (n=3). Makanga et al. (2017) held focus groups in five Cape townships asking people to identify risk factors for interpersonal violence. Cultural norms were identified as one of the main community/social factors. That is, the way people think and behave in regard to the permissibility and utility of violence within South Africa's culture is in large part what disinhibits them to commit interpersonal violence (Lamb, 2016). Some causal factors of interpersonal violence are subtle and ingrained, such as toxic patriarchy, which, as the underlying belief in the superior rights of males, often gives expression to various forms of domestic violence (Matsumunyane, 2014).

South African violence causation—government (n=1). Firearms are enumerated as a contributing factor to violent crime in South Africa (Lamb, 2016). This must be seen, however, against the well-known backdrop of the enormous amount of stolen and unlicensed firearms in circulation (Van der Merwe, 2019). It should also be noted that a proliferation of firearms would not necessarily exacerbate violence levels, but firearms in incompetent hands might. Similarly, vehicles or knives are also just instruments. In the wrong person's hands they can also be used to perpetrate violence. Rather, firearms in the wrong people's hands should be seen as a failure of government to regulate and control such matters (Lamb, 2016) and as such, government would be the indirect but culpable cause of the violence.

South African violence causation—hate (n=3). It has been found that blaming the victim of a violent hate crime is often what underlies its commission (Pieterse et al., 2018). The boer (farmer) is a well-known target for hate crime in South Africa (Pretorius, 2014), and in some circles this is viewed as being socially acceptable (Pieterse et al., 2018). It has become a part of the culture of violence; the boer is killed for firearms, jewellery, land, money, and revenge (Gumbi, 2017). Such hate crimes are unfairly discriminatory, humiliate the victim, and are intended to send a message to the wider community; victims are viewed as not human, and overkill seems to be used as a psycho-political means to redistributing power differentials (Pieterse et al., 2018; Pretorius, 2014). Hate, then, can be a highly destructive force motivating interpersonal violence, having influence from the highest echelons of society, expressed overtly or by neglect, right down to the person on the ground.

South African violence causation—inequality (n=3). The murder rate in South Africa goes up more than twice the rate of increase in inequality as one moves around the country (Harris & Vermaak, 2015). The level of violence, however, is not simply a factor of inequality, poverty, joblessness, or reduced life opportunities, but of the socio-economic environment which generally includes illegal immigration (Lamb, 2016; Makanga et al., 2017).

South African violence causation—social (n=6). Mental illness or psychopathy includes a range of personality disorders among which are anti-social, borderline, and narcissistic personality disorders; these are on the rise in South Africa, and there is a correlation between them and violent crime commission and re-commission (cf. Ellis, 2014). Family and community disintegration, sometimes occasioned by police action or settlement informality, contributes to a social context in which it becomes easy to be interpersonally violent (Lamb, 2015; Makanga et al., 2017). The abuse of alcohol in South Africa has been identified as a strong facilitator of interpersonal violence (Lamb, 2016; Makanga et al., 2017), and the availability of alcohol as positively correlated with increases in interpersonal violence (Phetlho-Thekisho et al., 2013). Alcohol abuse is also associated with intimate partner violence against women in South Africa (Russell et al., 2013), and substance abuse, including drugs, with violent crime commission (Lamb, 2016).

South African violence causation—youth issues (n=2). A sense of belonging and acceptance is a powerful need in people's lives, especially for the young. If this sense is thwarted, it can lead to violence (Erasmus, 2019). This dynamic plays out in face-to-face interaction with others or online via social media (Van der Merwe, 2013) where youth may be subject to victimisation and verbal or emotional violence.

International violence causation (n=48). Alcohol, anger, childhood abuse, environment, hate, neurology, structure, and social legitimation, patriarchy, and shame involving women and youth, can all play a role in violence causation.

International violence causation—alcohol (n=2). Leddy et al. (2018) found that, the more alcohol consumed in prostitutional engagement, the greater the risk the woman would receive violence. Alcohol-associated violence is known to be greater for LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual) people than for heterosexuals (cf. Shorey et al., 2019), pointing to possible mediative factors which might exacerbate the already destructive duo of alcohol and violence.

International violence causation—anger (n=6). The decision to act violently may be motivated by the level of anger a person has reached and how its expression is justified or socially permitted (Besaw, 2018). Anger can be affective or emotive in response to a concocted or real threat, or predatory, in which it is initially harnessed during premeditation and then unleashed in overt violence (cf. Hoffer et al., 2018). Brain damage from blows to the head or accidents can lead to a raised level of violence expression which may be exacerbated by a person's tendency to express negative emotions such as anger (Veeh et al., 2018). Thus, aggression as manifest in the form of anger appears to have both a psychological and physical basis (Herron & Javier, 2018). Frustration, disappointment, incompetence, and inwisdom (a lack of wisdom) can each engender anger which might lead to violence (Aghaei & Molla 2019; Gada, 2018).

International violence causation—childhood issues (n=4). Having previously experienced sexual abuse in childhood or intimate partner violence makes one more vulnerable to sexual harassment and further intimate partner violence (Stockdale & Nadler, 2012). Exposure to domestic violence as a child also carries

over into adulthood, during which gender roles, insufficient support, religious beliefs, shame, and secrecy may exacerbate its effects (Sammur Scerri, 2015). Childhood neglect and abuse predisposes to victimisation of intimate partner violence, especially in women, teens, LGBTQIAs, and the mentally ill (Snyder, 2017). Both female victims and perpetrators of intimate partner violence reveal a higher than usual level of “adverse childhood experiences”, trauma distress, and danger assessment (Miller & Becker, 2019, p. 13). Thus, childhood violence vulnerabilises for adult violence.

International violence causation—environment (n=6). Morality significantly moderates violence response in provocative environments (Barton-Crosby, 2018). Political and social environments appear to influence violence participation requisite anger level (Besaw, 2018; Vergani et al., 2019). Thus, competitive social, political, and cultural threats can lead to anger and frustration, resulting in expressions of interpersonal violence (Gada, 2018). However, varying environments may produce emotiocognitive revulsion for intimate partner violence in men (Kazemi et al., 2018). Nevertheless, deprivation and violence importation can make certain environments, such as prisons, promoters of further interpersonal violence (Fitz et al., 2018).

International violence causation—hate (n=8). Hate expressed as interpersonal violence can be legitimated (Kalkavan, 2018), predatory, affective (Hoffer et al., 2018), sensational (Schumpe et al., 2018), subcultural, ideological (Colvin & Pisoiu, 2018), or imported (Fitz et al., 2018) and can stem from commitment to a concept or group identity (Bubolz & Lee, 2019), a type of collective fusion (Kiper & Sosis, 2018) or dysfunctional ethnic policy (Trédaniel & Lee, 2018).

International violence causation—neurological (n=2). There may be a neurological and evolutionary basis for interpersonal violence (Besaw, 2018). Traumatic brain injury is significantly associated with violence which can be moderated by aspects of temperament (Veeh et al., 2018).

International violence causation—social—legitimation (n=6). Interpersonal violence can be legitimated for political (Lang Jr, 2018), phatic (Szpunar, 2019), elisive (Babich, 2018), religious (Warrach, 2019), radical (Moore & Reed, 2019), or dialectical (Đorić, 2018) purposes.

International violence causation—social—patriarchy (n=4). Scapegoating, inequality, religious extremism, misogyny, women oppression, honour killing, and man-on-man attacks are all symptoms and causal factors in interpersonal violence within various patriarchal cultures and settings (Cooney, 2019; Kaufman, 1987; Mancera et al., 2018; Monforton, 2018; Vellguth, 2019).

International violence causation—social—shame (n=3). Failure, loss of face (Aghaei & Molla, 2019), guilt (Rodriguez et al., 2018), and humiliation can lead to shame (Scheff et al., 2018) which in turn can generate aggression and expressions of interpersonal violence.

International violence causation—social—women (n=7). Revictimisation (Stockdale & Nadler, 2012), death-fearlessness, hopelessness (Wolford-Clevenger et al., 2019), alienation (Warren et al., 2018; Lien & Lorentzen, 2019), targeting (Ribes, 2019), ethnogender (Cannon et al., 2019), and social acceptability (Lysova & Straus, 2019) can all have interplaying effects in interpersonal violence as it pertains to women.

International violence causation—social—youth (n=3). Violence offence and victimisation are affected by violence acceptance and peer association (Xia et al., 2018). Violence exposure influences youth engagement in violent delinquent and aggressive acts (Connolly et al., 2019; Heleniak & McLaughlin, 2019).

International violence causation—structural (n=3). Institutions (Barak, 2018) and other hegemonic structures (Rukgaber, 2018) of culture, economics, politics, psychology, and society (Kharisan, 2018) create conditions which can interactively result in acts of interpersonal violence.

Violence therapy (n=28). There is a lot of good intention and ideas in the field of violence therapy, but it needs will and action in the areas of treatment development and implementation.

South African violence therapy (n=3). Culturally-sensitive facilities, approaches, and interventions need to be created to accommodate the different cultures of South Africa (Mpata, 2011). Both implicit and explicit techniques for managing violence impact can be gleaned from experiencers and modulated where indicated in order to aid in the development of more effective interventions (cf. Gumani, 2012). Interventions should include acute symptom

treatment and appropriate aspects of posttraumatic growth (Gumani, 2012; White, 2016).

International violence therapy (n=24). For therapy to be effective, the combined influence and effect of setting, choreography, gender, therapist, health, self-care, creativity, compassion, responsiveness, intervention, quality, safety, silences, compartmentalising, duration, care, protection, violence type, and approach needs to be thoroughly understood and orchestrated (Amarijo et al., 2018; Bowen et al., 2019; Fitzgerald et al., 2009; Gear et al., 2018; Gonzalez, 2018; Lawlor, 2014; Lewis et al., 2019; Maisha, 2020; Pérez-Tarrés et al., 2018; Simmons et al., 2016). Western approaches to therapy must be replaced with an African orientation for use in Africa (Ruble, 2018); a likewise development of applicable support should be elsewhere comprehensively carried out and coordinated in all sectors (Baldasare, 2012). Empowerment therapy for female victims of violence should include self-compassion, self-worth, social-worth, flexibility, money-making, money-management, ownership, independence (Gilroy et al., 2019; McLean et al., 2018), self-sufficiency (Friesen, 2018; Williams, 2018), spirituality (Kirlaw, 2012), and relationship-building (Brown et al., 2018) elements. Violence screening instruments can be useful in determining severity and appropriate therapy approaches (cf. Emelianchik-Key & Colvin, 2019). It is important for potential and past perpetrators and victims of violence to be aware of and to have access to approachable, drawing support centres where they can reach out for help (Childress et al., 2018; Forsdike et al., 2018; Haselschwerdt, 2013). Providers of violence-recovery support therapy need to be inclusive of minority groups such as queer individuals (Bermea, 2019), dispelling misconceptions and myths (Childress, 2016), always accepting every person for their humanity alone without distinction.

Violence prevention (n=21). Twenty-one primary literature items were selected for review under this category, however, additional items from the group were included in the process as indicated below. There seems to be a lack of will and ability in prevention efforts which is going to require some very motivated and insightful people to turn this trend around.

South African violence prevention (n=5). Sex delay, violence avoidance negotiation, life skills (Boafo et al., 2014; Ward et al., 2012), and “target hardening” (Fry, 2014) can be taught as preventative measures against

interpersonal violence. South African family violence prevention legislation needs to be better coordinated, articulated and applied (Ryan et al., 2018). Preventive intervention definition, knowledge, prioritisation, resource allocation, and scale-up is also needed (Gould et al., 2019), as well as limitations on alcohol and “violent media” supply (Ward et al., 2012).

International violence prevention (n=19). Verbal and physical abuse, stalking, and sexual assault require addressing in violence prevention programmes especially for schools, colleges, and universities (Hodge, 2016). Changing mindset (Deane, 2019), positive reinforcement (Baker-Henningham, 2018), cultural change education (Eisenbruch, 2018), religion (Muralidharan et al., 2018), “community activism” (Daruwalla et al., 2019; cf. Taliep, 2015), greening (Heinze et al., 2018), “public enlightenment” (Egbodo et al., 2018), situational techniques (Henson, 2010; cf. Rayment-McHugh, 2018), self-defence (Lehr, 2019), programmes (Hamby et al., 2016), and proper research procedures (Lehane, 2019), policy creation, and implementation (Babu, 2019; Javakhishvili & Jibladze, 2018; Knopova, 2016; Mason & Satchell, 2016; United Nations Children’s Fund & Gupta, 2013) can help prevent violence.

Violence reduction (n=11). Prevention and reduction are overlapping concepts, such that the distinctions drawn for this review might appear and might in fact be somewhat arbitrary. Nonetheless, it will allow for general thematic coverage of the chosen material.

South African violence reduction (n=0). Whereas certain of the literature items may deal with violence in a reductive manner, either by way of prevention (just dealt with above) or otherwise, none was categorised here under South African violence reduction *per se*. This is not to say that South Africa is not concerned with lessening the volume of violence in the country, but it may be indicative of a disorientation when it comes to material effort to reduce it.

International violence reduction (n=11). Restricting alcohol availability (Fitterer et al., 2015), ally selection (Demeter & Csaplár-Degovics, 2018), network action (Leon, 2020), surveillance (Mir & Moore, 2018), police protection (Vaughn, 2018), community control (Whipple et al., 2019), sensitive securitisation (Sheikh, 2018), desistance (Merchant & Whiting, 2018) and “moral development programs” (Trivedi-Bateman, 2019), defender (Bongmin, 2018), cheer, and

inertancy cultivation (Xie et al., 2018) may be variously utilised to reduce interpersonal violence.

Violence impact (n=9). Only 4 of the selected literature items deal with PTSD, although it is highly prevalent in people who have experienced interpersonal violence (cf. Jones et al., 2001). This reflects perhaps a skewed perception of the impact of interpersonal violence and its attendant symptoms; is the therapeutic world aiming at the wrong target?

South African violence impact (n=2). Interpersonal violence has a physically and emotionally injurious effect on many South Africans (Norman et al., 2010). Distress associated with interpersonal violence is experienced less by female rural residents than urban (Manyema et al., 2018).

International violence impact (n=7). Violation and violence can impact people's lives in the form of experiencing racism (Venkatesan, 2019), surveillance and controlling behaviour (Barter et al., 2017), cognitive deficits (Kincaid et al., 2018), posttraumatic stress disorder (PTSD), dissociation (Gómez, 2019), and "prosocial behaviour" (Bogliacino et al., 2019; cf. Simpson et al., 2018), and have a broad and far reaching deleterious effect (Sharkey, 2018).

Violence prevalence (n=3). These 3 items provide only prevalence insights from the selected literature and are not presented for extent. On the contrary, they appear to illustrate the relative dearth of recent interpersonal violence prevalence studies.

South African violence prevalence (n=1). South Africa has a high weapon availability, alcohol use, and murder rate (Swart, 2014).

International violence prevalence (n=2). Stalking and violence are common at university and college (Hodge, 2016). The Caribbean and Latin American region is a very violent area with many incidents occurring in families, schools, and communities (Mason & Satchell, 2016).

Violence research (n=2). It seems possible that the lack of rigorously articulated violence research methodology for the South African context could lie at the base of the apparent lack of practical workable research projects and solutions.

South African violence research (n=0). No literature item from the selection dealt with violence research methodology from a South African perspective.

International violence research (n=2). Westmarland & Bows (2018) have a helpful book on abuse, violence, and gender research methodologies. Irwin (2019) shares with us her violence-masculinity contextualisation of the methods of grounded theory.

Violence reporting (n=2). The fact that violence in the media is seen as a primary influence on violent behaviour (Potter & Potter, 1999) indicates that there should probably be more research carried out on the reporting of violence.

South African violence reporting (n=0). No South African violence reporting articles were found in the literature selection.

International violence reporting (n=2). The press seems to report violent content in an ideologically different manner, as against consistent non-ideological drug-trafficking reporting (Reyes-Sosa et al., 2019). Intellectual and political contexts give birth to, report, popularise, and commercialise certain psycho-social concepts, such as “mobbing” in Scandinavia in the 1970s (Boge & Larsson, 2018).

Conclusion

This chapter dealt with the present study’s approach to the literature. The literature was drawn from South African and international sources for use in background review and as data. Selection of the literature for these purposes was carried out by ensuring that all 137 literature items for review complied with the assessment criteria of relevance, peer-review, ethicality, and objectivity. Eighty-five fulltext literature items were selected as potential data and 52 abstract-only items were added to that. The full 137 items were reviewed by various violence themes, such as causation, prevention, and therapy.

This review of the literature presents some of the important issues in the field of interpersonal violence. These then, along with the aim of the present study, inform the research questions to be addressed, which by way of refreshment are as previously stated:

- What is the main concern of victims of interpersonal violence and how do they most effectively resolve it?
- How is that main concern and its resolution derived?
- What is the intensity, meaning, causation, mitigation, impact, support, prevention, and reduction of interpersonal violence and how do they interact with each other?
- How can a relevant, modifiable classic grounded metatheory that fits and works (Glaser, 2007c) in the substantive area of interpersonal violence be developed?

In the next chapter, attention is given to the method used in carrying out this study to answer these questions.

Chapter 3

Method

There is always a best way of doing everything

- Emerson, 1860

Introduction

The process of selection of a topic (interpersonal violence) for this study has been explained above. So too was the manner of literature review and data selection. This section, therefore, concentrates on a presentation of the detailed method followed in the actual process of data analysis and theory production for this study. A reflexive diary approach was used as much for potential pedagogical reasons as to provide maximum transparency and trustworthiness, allowing for credibility, confirmability, dependability, and transferability checks (Guba, 1981). “Reflexive” is used here to refer to the manner in which the process was considered at every point for documentation purposes and should not be confused with data reflexivity used in constructivism (Barnett, 2012), but not employed here. The style of writing in this chapter is personal, informal, everyday, and conversational, with no indentation from the next section onward. It was intended to provide untrammelled stimulation, insight, expression, and momentum (cf. Glaser & Strauss, 1967) to all aspects of the study.

As already indicated, classic grounded theory methodology (Holton, 2008) was used in this study. Classic grounded theory iteratively uses various techniques, such as analysis, coding, comparison, elaboration, elimination, integration, interchange, hypothesising, memoing, ordering, outlining, sampling, saturation, sorting, stopping, and writing (cf. Glaser & Holton, 2004).

A more detailed statement of the classic grounded theory principles utilised in this study may be found in the section entitled **Classic Grounded Theory Methodology** under **Knowledge Contribution** in Chapter 6.

Concise chapter overview: Analysis is undertaken; safetifying core category emerges; social, psychological, and physical processes are theoretically coded; endangerment, safetifying, and subcategories are theoretically sampled; selective coding is carried out; and, theoretical elaboration is delimited.

Explanation of Data Analysis and Theory Production

The classic grounded theory process of this study is laid out in the following diary entries over a period of some four and a half months:

Analysing and coding purposive sample—1st data item—Fry, 2014

Date: 7 - 8 March 2020

Data: 1. Fry, L. J. (2014). Factors which predict interpersonal violence in South Africa. *South African Family Practice*, 56(5), 271-275.

Procedure: As stated above, the study with the highest degree of compliance—Fry, 2014—with the quality evaluation criteria of relevance, peer-review, ethicality, and objectivity was selected as the initial purposive sample for this study. I began by reading the complete article. Next, I reviewed the article, looking for *violence victim main concern* and *resolutive elements*, whether directly expressed or implied by the writer. The study is quantitative, based on survey data.

I now opened a Google Sheet (*“the sheet”*) and named it **Safetifying from Interpersonal Violence—CGT Analysis Sheet**, and set up a column for code, data, source, and date, into which I pasted the first code and data bit details. The data bit comprised the sentence cluster (contextual paragraph) in which the phrase was found which gave rise to its conceptualisation in the form of the code. A partially-expanded sample of *the sheet’s first 21 coding lines* is provided in Appendix C. I took the following as the first data bit from the results section of Fry (2014) and pasted it in the data column:

“Violence was more likely to be experienced by younger respondents (Table 1). Males were more likely than females to be victims of violence, and black Africans were much more likely than others to be victimised. All three variables were significant at the 0.000 level” (Fry, 2014, p. 272).

The first code I entered was *being young* coded from the clause: “Violence was more likely to be experienced by younger respondents”. The 2nd level code, belonging to “higher level concepts” (Glaser, 1965, p. 444), I entered next to that was “risk factors” which can be seen in *the sheet*.

I then wrote my first memo: “People in their late teens and twenties are more likely than others to experience interpersonal violence.” I created a far-left

number column in *the sheet*, “No.”, and placed the number “1” next to the first information line. The other “No.” columns in the sheet are for source and memos. I continued coding the first data bit on subsequent lines with the following codes: *being male*; *being black*.

The next relevant data bit was:

“Six variables reached significance in the logistical regression analysis (Table 3). Five of these were highly significant; all at the 0.01 level or higher. The property crime victimisation measure was the strongest (z-score 9.87). The second strongest was the poverty measure (z-score 4.64), followed by gender (z-score 3.90), age (z-score -3.74), and then fear of crime in the home (z-score 3.07). The respondents’ faith was the final measure to reach significance (z-score 2.0, p 0.05)” (Fry, 2014, p. 273).

Curiously, after having previously indicated that gender, race, and faith were significant, the author claims: “Gender, race and faith were not significant factors” (p. 273).

This latter statement was ignored in favour of the evidential statistics provided, attributing the apparent contradiction to a possible misconceptualisation on behalf of the author, or an intention perhaps to state that their significance was not as great as the former variables. Thus, the following open codes were created: *being poor* (taken from the article’s Table 3); *believing*; *property crime*; *home/neighbourhood crime*.

I wrote appropriate memos for all codes. The memo for *believing* reads as follows:

0005 Believers are more likely to experience interpersonal violence. This has very serious implications for how one lives practically as a person of faith. Some believers simply “trust God” to protect them, their loved ones, and their possessions, but this is probably counter-intuitive considering that research shows that violence happens a lot to people who believe. Practically-speaking, it should be understood that God gives his children the brain, wisdom, and the knowhow to secure, protect, and defend themselves against harm, and they should use such ability properly as responsible stewards of God’s gifts.

Fry (2014) continues on page 273 to suggest “Target hardening” as a strategy for crime prevention:

“Target hardening is one form of deterrence and implies the need for the implementation of crime prevention programmes, based on prior victimisation. Law enforcement personnel should respond and follow-up incidents of reported property and/or violence victimisation within their jurisdiction. The purpose would be to attempt to prepare and assist victims to better protect both their premises and their person. Target hardening includes procedures such as installing improved locks, ensuring that proper night lighting has been fitted by residents and bushes, which might impede residents’ view of their property and that of the neighbourhood,

cleared from in front of windows. Personal experience with target hardening programmes suggests that residents become open to target hardening approaches, as well as personnel, once they have been victimised. Also, once victimised, residents should be encouraged to develop local neighbourhood anti-crime groups which provide security to their own communities” (Fry, 2014, pp. 273-275).

Although this appears to be a direct suggestion by Fry, it is taken as experiential due to the manner in which he shares it, referring to “Personal experience”; it also sounds like the suggestions are coming from experience; thus, for the purposes of this study, it is taken as *victim-main-concern-related*. It was pasted into *the sheet* as the next data bit and coded as follows: *hardening target, deterring, preventing crime, victimising previously, enforcing law, responding to crime, following-up incidents, reporting crime, reporting violence, preparing victims, assisting victims, protecting premises, protecting person, installing locks, lighting, impeding view, viewing, clearing bushes, training programmes, becoming open, approaching solutions, being victimised, victimising, encouraging action, developing watch groups, providing security, and securitising*.

I then gave each of these open codes, 2nd level codes, by comparing them with the other 2nd level and open codes; I then sorted all lines to get the 2nd level codes in alphabetical order; here they are with their number of occurrences: *enforcing* (3); *making safe* (11); *preventing* (3); *reporting* (2); *risk factors* (7); *training* (5); *victimising* (3). These seem to be several sound, relevant, emergent concepts, some of which could become main theoretical categories. While I was coding open codes as *making safe*, I could see how easily and naturally the other codes could fall under this 2nd level code, for example: *training—training programmes; becoming open; and approaching solutions*, could also fall under a wider concept of *making safe*. Comparing *making safe* to the other codes can see almost all of them (e.g. *reporting, enforcing, and preventing*) also falling under this general concept, yet the other codes still seem to be distinctive dimensions of *making safe* and therefore should not necessarily be obscured by it. In fact, making a verb of *safe*, for example, *safetify*, or a gerund, *safetifying*, would appear to possibly represent a resolute mechanism for a main concern of interpersonal violence which emergently from the data so far looks like *danger*. *Safetifying* does seem to have the potential to account for a lot of the variation so far (*making safe, reporting, enforcing, preventing, training*) in a person resolving a *danger concern* in an interpersonal violence scenario. Although many of these concepts seem to proceed from after-the-fact

considerations (after a violent event), they do still appear to be coming from a place of having experienced interpersonal violence, as the following code pair generally illustrates: *making safe—protecting person*. Theoretical sampling of during-the-event experiences of interpersonal violence resolution will shortly be attempted in order to determine if further emerging categories coincide with any of the above. At any rate, what also seems to be emerging at this time is a probable dual aspect to any resolute process for the main concern of interpersonal violence: one *during* the experience and one *after*.

I then proceeded to write memos for all 2nd level code clusters (memo numbers below refer to code lines in *the sheet*), viewing *safetifying* as a provisional core variable (“core”):

- 0000 The risk factors for interpersonal violence and property crime are being a young, poor, male, black believer at home, implying that safetifying would aid such vulnerable people by providing physical and psychological self-defence and neighbourhood protection training.
- 0001 People in their late teens and twenties are more likely than others to experience interpersonal violence.
- 0002 Men are more likely than women to experience interpersonal violence.
- 0003 Blacks are more likely than others to experience interpersonal violence.
- 0004 Poor people are more likely to experience interpersonal violence.
- 0005 [Already cited above.]
- 0006 An experience of interpersonal violence is highly likely to involve property crime.
- 0007 Interpersonal violence experiences are associated with actual or a fear of crime in the home/neighbourhood.
- 0012 Enforcing is when officers of the law respond to calls for victim help, arrive, diffuse the situation, take reports, prosecute, do follow-ups, give advice, and do patrol checks.
- 0018 Enforcing is the outside agent effort for making a victim safe. Making safe is further carried out by assisting the victim to clear bushes, install locks, ensure adequate lighting, preparing the victim for protecting his person and property, providing security, and further securitising.
- 0020 Safetifying emerged here as a possible core variable.
- 0009 Safetifying is further dimensionalised by preventing, which includes deterring crime and violence and hardening targets such as indicated under making safe.
- 0015 Reporting crime and violence is a salient dimension of safetifying as it allows for perpetrator apprehension as well as future potential violence reduction for self and others - it helps to tighten the security of (securitise) communities.

0029 Victimising is a process which triggers acute safetifying which seeks to protect the victim in her immediate dilemma of danger (main concern).

I have finished with Fry's (2014) article for now as there are no further usable data for analysis. *Safetifying* will be kept in mind as a possible core as I proceed to analyse the next literature item. Although I am aware that *safetifying* might not be the final emergent core, it seems emergent as a strong possibility for at least a main category; it does occur to me that if *safetifying* is the core, it emerged very quickly from the data, but this often happens in classic grounded theory for which Glaser offers a word of caution: "Emergence of concepts often happens fast, even too fast, and the research must be slowed a little..." (Glaser, 2002a, p. 13). I provisionally placed *safetifying* in *the sheet* in a column called *provisional core* next to the codes: *making safe—protecting person*.

Theoretical sampling and memos on 2nd data item—Manyema et al., 2018

Date: 8 March 2020

Data: 2. Manyema, M & Norris, Shane & Rihlat, Said Mohamed & Tollman, S & Twine, Rhian & Kahn, Kathleen & Richter, Linda. (2018). The associations between interpersonal violence and psychological distress among rural and urban young women in South Africa. *Health & place*. 51. 97-106. 10.1016/j.healthplace.2018.03.003.

Procedure: Having started with an article that dealt mainly with risk factors, although numerous victim-oriented concepts did emerge, I considered under the principle of theoretical sampling (Breckenridge, 2009) that I should choose as my next data item a study which was oriented directly towards the victim's actual experience of interpersonal violence. Thus, I chose the above-named item from the **South Africa interpersonal violence** group described in the previous chapter.

As before, I read the entire article. On the second read, I selected relevant (apparent main concern and resolution) portions for coding in *the sheet*. Forty-seven open codes were created, and the following 2nd level codes occurred or were created: *exposing*; *making safe*; *managing*; *risk factors*; *supporting*. I observe that all of these codes help to explain an overarching concept of *safetifying*. Wiktionary (2020) defines *safetifying* as the "present participle of safetify" and *safetify* as "to make safe, to add safety to". Thus *safetifying* (making safe) can be better explained by the initial *risk factors* and *exposure* to violence, the process of *safetymaking* (during the actual violence experience),

and the subsequent *managing* of the impact and procuring of *support* to overcome the experience. All of this is aimed at *making* the person safe and *feeling* safe and secure. Therefore, this second article has conceptually elaborated what I thought might be the core, *safetifying*, and what now appears to have stronger claim for being the core.

I then wrote 7 memos, covering the 2nd level codes discovered in this second article, and followed this by sorting the code lines with their data and memos in with the first article's.

Theoretically-sampling-wise, I am still thirsting for actual participant nitty-gritty descriptions of interpersonal violence experiences to conceptualise. I would like to assess their main concern and how they resolve it, so I went to the **South Africa violence** data group of the previous chapter and selected the next literature item.

Emergent main concern and core variable—3rd data item—Mpata, 2011

Date: 8 - 11 March 2020

Data: 3. Mpata, M. F. (2011). *Personal experiences of victims of violent crimes: an African perspective* (Master's dissertation).

Procedure: I have already read substantial tracts of this 156-page dissertation. I, accordingly, speedread until I came across *relevant* parts (which will always indicate, in this analysis, *main concern recognition* and *resolution*). Thus, I arrived at Chapter 5: Discussion of the Results. I coded the excerpts of interpersonal violence experience from the 5 participants provided by the author as well as some of the author's participant observations. It should be noted that the author provides evidence of having complied with anonymity, confidentiality, and other standard ethical requirements for her study (pp. 100-102) and that my use of this data is also in accordance with the ethical clearance granted for this study—refer to Appendix A.

The first violence event was open coded, then 2nd level coded with *attacking*, which was elevated to as a 3rd level code broken down into the following 2nd level code **stages** (Glaser, 1978): *contact*; *tactic*; *effect*; and *response* which occur repeatedly throughout. The event gave evidence of 3 **cutting points** (Glaser, 1978, 1998): *initial contact*; *death fear*; *final act*. The main concern of the

individual at every stage and point appears to be the *danger* she is in and the way she tries to resolve it, and again, at every stage and point she is trying to *safetify* herself. Thus, conceptually, *attacking* emerges as an initial **trigger phase** (Glaser, 1978) of *safetifying*. The author's participant observations were 2nd-level coded as: *impacting*, *supporting*, and *reporting*.

The second violence event contained the same **stages** plus an additional one of *evaluating* (which later went under *aftermath*). The same 3 **cutting points** also occurred. Participant observations 2nd-level coded as: *impacting*, *supporting*, and **not reporting**, which were conceptualised up a level (3rd) as *aftermath*, indicating a **second phase** of *safetifying*, i.e. what immediately occurs after the *attack*, to *safetify* the victim. Some of the *impacting* codes were reconceptualised as *protecting*. A comparative review of all previous un-3rd-level-coded 2nd level codes saw them aptly conceptualising into an after-the-fact **third phase** of *mopping up*, which can be explicated as the often laborious but victorious process of victim-*safetifying* that occurs long-term after the immediate *aftermath*. I changed the title of the core column in *the sheet* from "provisional core" to "core". *Safetifying* appears in this column at memo 0020 (7 Mar 2020): "Safetifying emerged here as a possible core variable." I added: "Confirmed 9 Mar 2020 as the core".

It seems people have a problem isolating or properly naming the main concern in a classic grounded theory study. It is really quite simple. A main concern is an entity, a thing, that concerns the experiencers of a phenomenon the most. For example, "heart attack victims are concerned with both cutting back and supernormalizing and also the moral claim to infirmity" (Glaser, 2014), but these cannot all be the *main* concern. One, or a derivative of one of these, could be the main concern. In this instance, the main concern would seem to be *normality* or even probably rather *abnormality*. One has to ask the question: "What one thing are those involved concerned about?" It does not make sense to suggest that *cutting back*, *supernormalising*, or *infirmity moral claim* could be the main concern, as *cutting back* and *infirmity moral claim* appear to be lesser processes, and *supernormalising*, well, would the experiencers of heart attacks or anybody else for that matter even have any clue what that is, quite aside from them thinking of it as a main concern? *Supernormalising* is the core that resolves the main concern of *abnormality*, so it is unlikely to be the main concern. So one must be careful to identify as a main concern, the entity or construct, and not a

process of dealing with the concern which forms a part of its resolution—the core variable.

Making safe on the 2nd level was changed to *securitising* as these codes mostly covered security aspects like *strengthening locks*, etc. *Risk factors* was changed to *factoring risk*. *Aftermath* was changed to *Aftermathing* to indicate that it is a phase in which the victim actively processes matters.

Thus, emergently, we have so far a basic outline of core variable, sub-core variables (main categories) and dimensions (properties) of the categories, as follows:

Table 6—Safetifying—Emergent core, sub-core variables, and dimensions

	safetifying	
attacking	aftermathing	mopping up
contact	impacting	factoring risk
tactic	evaluating	exposing
effect	supporting	victimising
response	reporting	reporting
	protecting	preventing
		enforcing
		securitising
		managing
		supporting
		training

I added a column “P. no.” in *the sheet* which refers to a “participant” number arbitrarily assigned to coded material from specific participants as quoted in the literature. This is simply for organisational purposes in being able to identify the always-anonymous source of any particular code. Thus, for example, the first participant’s coded material is identified as “Mp1” meaning the first participant material referred to in the Mpata (2011) literature item.

I continued coding the third, fourth, and fifth participants’ related experiences and the aftermath described by Mpata and summarised by myself. I am most grateful to her for her insightful, pertinent, and helpful contribution to this study by providing this information and hope that the wish expressed in her concluding remarks comes true: “Perhaps in light of the findings of this study, information gathered might be used as feedback and to assist in developing a

model with clear guidelines for victim empowerment training and intervention which will make it more relevant to the needs of victims within an African context” (p. 136).

That concluded my use of Mpata (2011) as a data source, at least for now. The outline now looks like this with *the sheet* containing 249 open codes, all of which represent one or more conceptualised indicator; the indicator/code order and count (cf. Glaser, 1965, p. 442) are shown in front of each:

Table 7—Safetifying—Emergent outline with additional dimensions

safetifying					
No.	<i>n</i>	No.	<i>n</i>	No.	<i>n</i>
1	105 attacking	2	52 aftermathing	3	93 mopping up
1.1	4 evaluating	2.1	6 evaluating	3.1	1 evaluating
1.2	11 setting up	2.2	22 impacting	3.2	15 factoring risk
1.3	11 contact	2.3	12 supporting	3.2.1	4 - exposing
1.4	36 tactic	2.4	5 reporting	3.2.2	3 - victimising
1.5	19 effect	2.5	7 protecting	3.3	2 reporting
1.6	[15] response			3.3.1	3 - enforcing
1.6.1	9 - acquiescing			3.4	3 preventing
1.6.2	6 - fighting			3.4.1	13 - securitising
1.7	9 helping			3.5	35 managing
				3.5.1	9 - supporting
				3.5.2	5 - training

Counting indicators/codes helps to show the strength of properties and categories (“frequency”) and their potential relation to each other (“provisional proofs” or plausible suggestions) and can aid theory development also through “cross-tabulation of frequencies” (Glaser, 1965, pp. 438, 442, 443). To achieve the code count, I sorted *the sheet* by codes/indicators and numbered them as counts and as theoretical ordinals (Glaser & Strauss, 1967, p. 207).

I then created an x-y graph for the consideration of the relationships between the variables in the outline, based on the properties of the indicators in the data analysed so far (cf. Glaser & Strauss, 1967, p. 191; cf. Holton, 2011):

Figure 1—Graph—Relationships between variables in *safetifying* outline

y =	usual	new way
safetifying	~	/
aftermathing	/	\
mopping up	/	\
evaluating	\	/
setting up	/	\
contact	/	\
tactic	/	\
effect	/	\
response		
- acquiescing	/	\
- fighting	\	/
helping	\	/

$x = \text{attacking}$

The horizontal axis (x) shows the independent variable (precipitating factor) of an interpersonal violence attack and the vertical axis (y) represents the dependent variables (affected or moderating factors). A forward slash (/) indicates a positive relationship between the variables, and a backslash (\) a negative relationship. The “usual” column shows how the data at present indicate the relationship, whereas the “new way” column shows the postulated relationships which either might be more productive in *safetifying* or which could perhaps be used in the development of a treatment instrument in order to improve *safetifying* and thereby reduce *aftermathing* and *mopping up*. For example, the greater the intensity of the *attacking*, the greater the *contact* and *effect* on the victim, and the less *fighting* she uses, with fluctuating *safetifying* taking place; whereas after a treatment intervention, for example, the person, if re-attacked could use a new way to minimise *contact* and *effect* on her, *fighting* back more effectively, with better *safetifying* taking place and less *aftermathing* and *mopping up* being required. In fact, all “new way” variable relationships are the reverse or improvement of the “usual”. Whilst the development of such a treatment instrument is beyond the scope of this study, the variable relationships it could embrace will, where data-emergent, be elaborated in the metatheory.

I now went back to *the sheet* to comparatively review all categories, concepts, codes, and incidents with the outline and with each other for the purposes of recording any further theoretical understandings and insights in memos.

I wrote 13 memos on codes/incidents, then realised that this was simply on the descriptive level and could be used to illustrate but was virtually no good for conceptual explication. I separated myself from the work and continued re-reading Holton's (2006) doctoral dissertation on the knowledge workplace. Her fine ability to conceptualise helped me to shift my focus from second person prescriptive writing to third person objective conceptuality.

I then produced the following several memos around the concepts of *safetifying*, *evaluating*, and *setting up*, which I show here as uncombined, unedited examples (memo numbers are not sequential due to sorting of code lines):

- 0227 Safetifying is the natural inner mechanism or ability to maintain one's own safety, or to keep one's person, loved ones, and property safe, and can be wisely or well applied, or not so well applied through various strategies, techniques, and approaches to interpersonally violent situations. Like every other ability in life, some people have a better knowledge and innate sense of safetifying, and others have less, but the latter can learn to do it better.
- 0184 Victims engage to a greater or lesser extent in safetifying when attacked. This involvement fluctuates throughout an attack, with victims allowing themselves to be set up, often not evaluating the situation clearly prior to (pending), during and after an attack. Not evaluating properly compounds the situation so that victims are set up for the actual attack, and then physical contact often occurs.
- 0202 A decision could be made to disengage from a potential fight as a part of effective evaluation of a dangerous situation.
- 0175 Victims set themselves up for attack in various ways like dressing, grouping, drinking, standing their ground, fighting, walking, stopping vehicles, divulging, obliviousing, and opening doors at inappropriate times and places, not evaluating the situation accurately enough.
- 0176 Setting up is a process of perception by the perpetrator whereby he assesses the conducivity of the situation, the victim's vulnerability, and the probability of a successful attack. It may also be an inadvertency on the part of the potential victim, where due alertness, caution, and care is not exercised, making the perpetrator's part of the setup easier. Setting up preconditionalises and shapes an attack as without it attacking will not and cannot proceed. It is very much a part of the attacking process, although it may take place long before, just prior to, or simultaneous with an attack, the latter often alternatingly executed with contact, tactic, and response.

I wrote another 9 memos on three further stages of *attacking*, namely *contact*, *tactic*, and *effect*. I could see that at least another 7 memos could be written on the *aftermathing* properties and their interactions within *safetifying* (22

mopping up memos had already been written), but I was feeling a bit stale with all the memo-writing, and decided that in view of the unsaturated (Andrews, Higgins, Andrews, & Lalor, 2012) nature of the *aftermathing* properties, the memos could wait while further indicators might be found. Also, having only coded some five interpersonal violence events and their interpretations as provided by Mpata (2011), it seemed theoretically necessary to sample for additional interpersonal violence attacks within the *theoretical sample* of 84 literature items created in Chapter 2. I am aware that *theoretical sample* as used in this sense is a misnomer (because in classic grounded theory you are not meant to preselect your theoretical sample), but it stands for the body of literature cleared and ready from which theoretical sampling (cf. Johnson, Holness, Porter, & Hernandez, 2018) for this study may be done.

Still taking a South African perspective to begin with, I reviewed the 23 South African *theoretical sample* literature items again.

Theoretically coding safetifying outline—4th data item—Gumbi, 2017

Date: 11 - 14 March 2020

Data: 4. Gumbi, M. G. C. (2017). *An investigation of the motivational factors for farm attacks and its consequential injurious phenomena* (Master's dissertation).

Procedure: I decided to choose the above item, as it contains anonymous participant descriptions of interpersonal violent events. I copied about 25% of Chapter 5: Presentation of Data, Interpretation and Analysis in non-continuous select segments relating to some 14 victim farm attack descriptions and pasted them in *the sheet* in the data column on 23 lines. The justification for taking this quantity, without the probability of it skewing the theory, is that some of these events are described in only a few short sentences and they involve more than just one type of attack, including assault, binding (tying up), dragging, shooting, etc., and are also equivalent to home invasions and interpersonal violence in general. Thus their effect on the analysis will be more, it is believed, to variegate it than to specialise it. This is also now pointing to the theoretical need to soon sample for gender-based or domestic interpersonal violence, to ensure sufficient representivity of violence types in the analysis.

I then sorted the lines according to respondent number and proceeded to code these selectively (Brolin et al., 2016), still mindful by constant comparison to

identify any new or differing concepts. The open codes initially fell within the outline categories and dimensions, with only certain dimensions receiving additional properties, like *contact* including the *victim making contact* with the perpetrator, for example by *shooting* him.

I also listed the basically identifiable interpersonal violence types in the data used so far (including the current item): assault, binding, brawling, farm attack, home invasion, rape, and shooting. I started using a dictation app for recording memos. It is somewhat cumbersome probably because it cannot read my enunciation accurately, but it gets the information down which I quickly proofread and correct. When the data from Gumbi (2017) are coded, this study will have analysed more than 19 participant violence descriptions, covering the violence types just mentioned. Although some of the descriptions are short, they should be seen in the light of field note/observation equivalencies and not any less significant than any other potential participant's information (Glaser, 2007a). The key is quality codable data, not quantity.

Having created 98 codes from Gumbi's (2017) work, I decided to take a break and format this dissertation. I spruced up the table of contents and layout for the ensuing chapters. I also added apt quotes at the beginning of each chapter. As I placed the tentative headings for the results section taken from the outline, I began to evaluate more closely the theoretical interrelations (Glaser, 1965, p. 444) between the categories and properties. This resulted in a rearrangement, delimitation (p. 441), re-levelling of some, and emergence of a socio-psychological structural process as theoretical code, with the next version outline looking like this:

Table 8—Safetifying—outline with theoretical coding

socio-psychological structural process					
Safetifying					
n Phase 1		n Phase 2		n Phase 3	
1	105 Attacking	2	52 Aftermathing	3	93 Mopping up
Stages	1.1 4 <i>evaluating</i>	2.1 6 <i>evaluating</i>	3.1 1 <i>evaluating</i>		
	1.1.1 11 - setting up	2.1.1 22 - impacting	3.1.1 15 - factoring		
			3.1.2 4 - exposing		
cutting point			3.1.3 3 - victimising		
	1.2 11 <i>contacting</i>	2.2 7 <i>protecting</i>	3.2 3 <i>securitising</i>		
			3.2.1 13 - preventing		
cutting point	1.3 36 <i>tacticking</i>	2.3 5 <i>reporting</i>	3.3 2 <i>enforcing</i>		
	1.3.1 19 - effecting		3.3.1 3 - reporting		
	1.4 [24] <i>responding</i>	2.4 12 <i>supporting</i>	3.4 35 <i>handling</i>		
cutting point	1.4.1 9 - acquiescing		3.4.1 9 - supporting		
	1.4.2 6 - fighting		3.4.2 5 - training		
	1.4.3 9 - helping				

I rearranged the codes in *the sheet* accordingly. I then wrote another 8 memos on the first phase: *attacking*. I open coded another 46 concepts from Gumbi (2017) all of which added indicators to the existing outline fairly rapidly saturating some sub-categories/properties, until I coded *Precipitating—organised crime* as a category and property pair outside of the theoretical framework and pertaining to socio-structural factors precipitating *safetifying*. It was coded from this statement by one of Gumbi's (2017, p. 52) respondents: "One of the attackers informed my son that he is part of a crime syndicate"; an explanation followed of how these syndicates operate. Another four new precipitating structural codes sets emerged: *Legislation—lacking police presence*; *Politics—orchestrating attacks*; *Poverty—financial*; *Socialisation—hating targets*; and *Town Planning—soft targets*.

This then is the socio-structural condition list leading to *endangerment* (main concern of *danger* reworded) and precipitating *safetifying*:

Table 9—Endangerment (main concern)—conditions precipitating *safetifying*

Precipitating

Socialisation

Politics

Legislation

Town Planning

Organised crime

Poverty

Endangerment

This completed another 57 codes, finishing up the Gumbi (2017) material. Thus, the following number of codes was created from the Gumbi (2017) data under these main categories: Precipitating: 21; Attacking: 116; Aftermathing: 15; Mopping up: 59. So out of a total of 462 open codes, so far, 211 codes were contributed from Gumbi (2017) data. I then duplicated *the sheet* as a backup and sorted these in with the other coded lines/memos and ordered them theoretically by number in the "3order" and "2order" columns in *the sheet*.

I had a headache today (Sat, 14 Mar 2020), so I withdrew from the research and rested, lying down several times and sitting in the sun drinking copious amounts of water. I tried consciously to stop thinking about the categories and their interaction as my mind seemed always to return to that. Then I stopped trying and my brain had at least a few hours in neutral. I came back to the outline and this is how the structural conditions appear now; I conceptualised the process as *Endangering* with theoretical code: conjunctural causal socio-structural process, and added three emergent violence types:

Table 10—*Endangering* outline with theoretical coding

conjunctural causal socio-structural process precipitating safetifying		
Endangering		
Condition 1	Condition 2	Consequence
1.0.0 The Elite <--->	2.0.0 The People -->	3.0.0 Endangerment
1.1.0 Politics	2.1.0 Socialisation	3.1.0 Organised crime
1.2.0 Legislation	2.2.0 Poverty	3.1.1 assault
1.3.0 Town Planning		3.1.2 rape
		3.1.3 shooting

Although I am sitting with almost 500 open codes, I have 3 main categories for safetifying and 3 for endangering, yet I have only coded select parts of 4 literature items. It seems that, as this is a metatheory study, and Edwards (2008) has stated (as given above under Definitions), “a metatheory is a coherent conceptual system that analyses and accommodates the insights of other theory”, I thought it good to quickly take stock in this regard: I think I am doing relatively well as far as being in the process of creating a “coherent conceptual system” as the conceptual integration so far hopefully shows. As far as “analysing and accommodating the insights of other theory” is concerned, I have analysed some direct theoretical material presented by the authors as well as participant data as selected by those authors being aspects of their insightful approach. Virtually all material selected by me from the data literature items has been accommodated, in that it has all been coded, sorted and included as indicators of properties and categories in the two emerging outlines: *Endangering* and *Safetifying*. Both are theories emerging from the data, *Endangering* precipitating *Safetifying*, with *Safetifying* being the metatheory I am working on classically grounding in the data, as it is the resolution of the

main concern of *endangerment* brought about by *Endangering*. Thus, *Endangering* is a process which explicates the emergence of the main concern (*endangerment*) of those experiencing interpersonal violence which they resolve through *Safetifying*; *Endangering* is a theory in and of itself, but it is not the focus of this study, and therefore will only be elaborated in so far as it may be necessary to sufficiently show the origination of *endangerment* (danger).

However, returning to Edwards' (2008) two concepts of *analysis* and *accommodation* of *other theory insights*, my sense, as I review the work already done, is that it lacks "coverage" (too few) of other theory insights as well as variegated interpersonal violence types, e.g. domestic violence, as already mentioned above. Thus, theoretical sampling must now fulfil these two criteria: more *theory insights* and more *violence types*. Consequently, I searched for "domestic violence" among the 24 South African *theoretical sample* literature items. Twelve came up, including Gumbi (2017). I first checked Gumbi. The term "domestic violence" appears once as an exclusionary type in his definition of farm attack. I then checked the others by relevance, starting with Matsumunyane (2014).

Patriarchising—part of main concern—5th data item—Matsumunyane, 2014

Date: 14 - 15 March 2020

Data: 5. Matsumunyane, E. M. (2014). *Feminist pastoral care approach in deconstructing the effects of patriarchy on Basotho women's identities experiencing domestic violence in marital relations*. University of South Africa, Pretoria.

Procedure: In Matsumunyane (2014), "domestic violence" appears 121 times. I went to Chapter 3: Deconstructive/Constructive Voices of the Participants to see what they were saying and if it might be relevant to the categories in my outlines. The interview style was that of asking opinions about patriarchy and domestic violence; thus the participants provided what would probably be classified as properlined (Glaser, 1998) opinion, responses that might adhere to social acceptability; they did not necessarily share their own experiences. These data were therefore rated as less usable for the purposes of *Safetifying*, but they do indicate several important aspects of the *Socialisation* property under *The People* condition of *Endangering*. I accordingly extracted select participant statements that indicated this property and started coding. By the third code

making violent, Patriarchising emerged. I remembered *patriarchy* coming up in the literature review (Chapter 2) above, so I searched and came to the following entry under *South African violence causation—cultural* ($n=3$):

“Some causal factors of interpersonal violence are subtle and ingrained, such as toxic patriarchy, which, as the underlying belief in the superior rights of males, often gives expression to various forms of domestic violence (Matsumunyane, 2014)” (Chapter 2).

This “discovery” really pleased me because it showed, I believe, how well I had bracketed/compartmentalised (cf. McCallin, 2003) the literature review from the analysis, only considering emergent concepts, not superimposing known concepts onto the data. Only when I began to, by theoretical sampling, analyse the Matsumunyane (2014) data, did I allow an emergent concept *patriarchising* to earn its way into the theory (Holton, 2009). This is very reassuring that whatever is being included in this theory emerged from the data by relevance and not by forcing. However, it now raised a new aspect in the theoretical sampling and selective coding procedure of this study: Seeing as I had already summarised the previous research in the literature review, similar to taking field notes if doing *in vivo* field work, could there be any objection to theoretically sampling amongst that data for select codes relevant to the emerging categories and properties? And if such is found, that could, it seems, be an effective way of identifying studies into which I could delve, where necessary, to analyse additional data. As the data literature has already been classified by theme (coded in a way), one could now by constant comparison assess for additional indicators, elucidating properties or even providing new categories if relevantly emergent.

I continued open coding the extract from Matsumunyane (2014), adding *viewing as a child (when men treat women like children)* and *changing cultural values (as in respect for women being reduced by biblical principles of uncleanness)*. I then took the literature review sentence of mine quoted above and inserted it into *the sheet* as a memo. All the other 6 participants’ responses coincide essentially with one or more of the 5 open codes created for *patriarchising*, thus rendering them unnecessary for coding as they would simply serve to saturate the property further. This brings the effective number of participant violence descriptions coded up to 26, and also introduces domestic violence into the emerging theory under *Endangerment*. I added *binding, farm attack, and home invasion* as specific forms of interpersonal violence which had already emerged.

Farm attack may include home invasion, assault, binding, rape, or shooting, or can be shooting into a house without entry; likewise domestic violence can include assault, binding, rape, or shooting; and similarly, home invasion can include all of these again. Thus, although the context and *modus operandi*, including intensity, of interpersonal violence may differ, the types of violence used in each are often the same or similar, but can be different.

Theoretically sampling culture—6th and 7th Data Items

Date: 14 - 15 March 2020

- Data:**
6. Makanga, P. T., Schuurman, N., & Randall, E. (2017). Community perceptions of risk factors for interpersonal violence in townships in Cape Town, South Africa: A focus group study. *Global public health*, 12(10), 1254-1268.
 7. Lamb, Guy. (2016). *WHY IS CRIME IN SOUTH AFRICA SO VIOLENT?* Updated Rapid Evidence Assessment on Violent Crime in South Africa. 10.13140/RG.2.2.10212.88969.

Procedure: I then started reading the rest of my literature review for *South African violence causation—cultural (n=3)* and decided to enter it as data and memo into *the sheet*:

“Makanga, Schuurman, & Randall (2017) held focus groups in five Cape townships asking people to identify risk factors for interpersonal violence. Cultural norms were identified as one of the main community/social factors. That is, the way people think and behave in regard to the permissibility and utility of violence within South Africa’s culture is in large part what disinhibits them to commit interpersonal violence (Lamb, 2016)” (Chapter 2).

(Where I quote something in this dissertation from another part of this dissertation it will be designated, for example, as follows: (Chapter 2). This is not to be confused with any quotation from a literature source which is either presented in italics with a citation or in quotation marks with a paginated citation.)

The following codes emerged under *Socialisation—Cultural norms*: *permitting violence*, *utilitising violence*, *disinhibiting for violence*. Note that ***utilitising violence*** is different from ***utilising violence***, the former indicating the making of violence into a **utility** (for everyday usage), whereas the latter simply means **using** violence (on any basis). I then turned to the two literature items to confirm the grounding of my review statements and thus their codes. There were no

participant data, so the statements were taken as grounded, they having been made from a direct analysis of the items (“other theory” data).

But I have not forgotten about the inclusion of analysis and coding of domestic violence accounts into the theoretical framework of *Safetifying*; thus is the iterative nature of classic grounded theory. I, therefore, continued searching in the South African data literature.

Theoretically sampling inferiority projection—8th data item

Date: 15 March 2020

Data: 8. Pretorius, J. (2014). "Dubula ibhunu" (shoot the boer): A psycho-political analysis of farm attacks in South Africa. *Psychology in Society*, (47), 21-40.

Procedure: The mention of domestic violence by Pretorius (2014) resulted in code creation of *Inferiority projection* under *The Elite—Politics*. Theoretical saturation through indicator interchangeability (Holton, 2008, p. 57) was soon reached for *inferiority projection* as a sub-condition of *the elite* in *endangering*. No other study in the South African theoretical sample list dealt directly with domestic violence participants nor provided any direct domestic violence event descriptions. As there had not yet been any inclusion of domestic violence event descriptions in the present study, it now became apparent that for the first time, I would need to proceed to look to international (non-South African) studies in the *theoretical sample* in order to attempt to find the desired domestic violence material.

Theoretically sampling domestic violence—9th data item—Childress, 2016

Date: 15 - 20 March 2020

Data: 9. Childress, S. (2016). *Understanding Lived Experiences, Help-seeking and Coping with Domestic Violence, and Leaving among women in Kyrgyzstan: A Grounded Theory Study*.

Procedure: This was the first relevant item in the international theoretical sample search for “domestic violence”. The title is indicative of possible participant event description. Eighty-five snippet descriptions and theory insights were entered into *the sheet*; the participant pseudonyms used by Childress (2016) were used where necessary to group and tally the sources. I

also read and took cognisance of Childress' insights concerning all of these descriptions as a way of accommodating them into the analysis. This took me several hours. I was moved to tears reading one woman's experience with psychological violence—constant, demeaning verbal abuse from her husband. I had a hard time reading all of these accounts, invariably reliving some of my own experience as a victim of domestic abuse. I will now need to re-read and analyse them for conceptualisation and placement by selective theoretical coding into the framework (outlines). Not to be narcissistic or unduly egoistical, but what provision was made in my research proposal for possible vicarious victimisation/traumatisation of the researcher? I ask myself with an ironic chuckle. This is not to make light of any of this, for I note with deep concern what these women have been through, and what I have also suffered for many years, although being a man it couldn't have been that serious right? Think again. But that is another story, and yes, I do have a therapist I can visit if necessary to process my own violence experiences, for which I am grateful. Although Childress' study has a Kyrgyz setting, the stories appear universal in many respects from what I have read about, experienced, and heard about domestic violence. This, therefore, should prove to be an important integration into a metatheory of interpersonal violence, and it should be vitalising to the theory if not a little daunting to effect. Emergent fit (Glaser, 2012a) is the key though. If what emerges makes sense (is relevant) and fits or effectively elaborates the outline, it earns its way into the theory. If it doesn't, it is ignored. This will add 14 participant violence event descriptions to the running total making it 40+ for this study so far.

The first participant data with theory insights yielded 29 open codes and 9 important 2nd level codes indicating what appear to be socio-psychological properties of *Safetifying: Analysing, Appreciating, Banishing, Contenting, Growing, Increasing, Perceiving, Reclaiming/MyLifeing, and Relinquishing*. I wanted to see if the other participant *post hoc* descriptions and theory insights would add to or saturate some of these with additional indicators, so I coded those extracts first. Constant comparison of emerging open codes with existing 2nd level codes resulted in some falling under them or generating their own new 2nd level codes.

Then the issue of *gestalt* came up with a friend when I was trying to help her see the picture in the following meme, which I show here because it is something I've been considering using to illustrate conceptualisation and pattern recognition in classic grounded theory methodology:

Figure 2—Internet meme—Illustrating conceptualisation & pattern recognition



If you cannot see what the picture is, try moving it away from you, maybe even blurring or squinting your eyes; don't try too hard; see the picture as a whole, not concentrating on the detailed parts. Still can't see it? Don't worry. Some people can and some can't. You can come back to it, or you can quickly check 6 pages down where I have added only one line on the lower left to try help you see the picture.

The point of the exercise is to illustrate conceptualisation and pattern-perceiving. Some people are better or quicker at it than others, but if one is not, it does not mean the skill cannot be acquired and honed. Looking at the funny black shapes of the object in the meme is illustrative of when you are looking at the detailed descriptions in the data. You can see what each one looks like, but you don't have an overall name (concept) for them. Several associated indicators point to a concept and the concept helps to elaborate a pattern which shows how something is achieved. Thus, the several concepts of *attacking*, *evaluating*, *aftermathing*, *mopping up*, etc. constitute a pattern which points to an overall concept, such as, *safetifying*. When you can see the overall concept, you get the picture.

This digression, however, is not without its serendipity, and I sensed that the concept of *gestalt* had some bearing on *safetifying*. As I searched the word *gestalt* amongst my literature collection, I came across a pertinent use in regard to violence-induced PTSD which indicated the concept *finishing business* as per “unfinished business” (Potts, 2011, p. 148). As this falls within the supporting/handling side of *safetifying* and fits within the overall structure, I decided to include it as a theoretically sampled concept, not without clearing the study by the usual parameters of ethicality and objectivity; of course, concerning relevance, it fits notwithstanding that study’s (Potts, 2011) greater context of genocide: PTSD from violence during genocidal violence is not necessarily qualitatively different from that in domestic violence, for example, although intensity and specific symptoms may differ; you would still have a certain amount of PTSD-related unfinished business to process.

Back to Childress’ (2016) participant *post hoc* descriptions and theory insights, which now comprised 85 open codes and the following 2nd level codes:

Table 11—Initial *safetifying* psychological process second level dimensions

Achieving	Confidenting	Finishing up	Liberating	Selfsupporting
Analysing	Contenting	Futuring	Motivating	Shrewding
Appreciating	Contributing	Goalsetting	Organising	Strengthening
Asserting	Decisiving	Gratituding	Perceiving	Victoring
Awarenessing	Determining	Growing	Positiving	Welcoming
Banishing	Disentangling	Helping	Reclaiming/MyLifeing	
Benefitting	Distributing	Increasing	Relinquishing	
Changing	Feeding	Independenting	Selfloving	

These are all aspects of processes that the women utilised to emerge from and overcome their violence experiences. Thus, they are part of the resolution of their main concern of endangerment (danger) in their lives.

I now wanted to see if the other violence type indicators already coded might yield similar codes, i.e. be interchangeable with these, indicating theoretical saturation for some and violence-type representivity generally, as the present study is inclusive of many types of violence, being a metatheory of interpersonal violence. So I first went to the *handling*, *supporting*, and *training* dimensions of *mopping up* and reviewed the codes. Thus, *rationalising* (cf. Mpata, 2011) was changed from ***handling*** to *Analysing; cleaning their ancestral graves* (Mpata,

2011) was reallocated from **handling** to *Appreciating*; and *cleansing to remove sefifi* (death; Mpata, 2011) and *feeling less anxious* (Gumbi, 2017) were moved from **handling** to *Banishing (fear)*; etc.; all better fits. *Connecting socially* (Manyema et al., 2018) and *involving family* (Mpata, 2011) were changed from *supporting* to *Connecting* (a new emergent property). *Becoming open* (Fry, 2014) under *Mopping up—training* was changed to *Awarenessing; helping by belief* (Gumbi, 2017) under *Mopping up—training* was given a new 2nd level code: *Believing*.

Next, I decided to look at the prior *Aftermathing—supporting* coding. *Happy* (Mpata, 2011) was re-2nd-level-coded to *Positiving*; and *healing process* (Mpata, 2011) to *Healing*. Then I looked at *Mopping up—evaluating*. *Apologising appropriately* (Gumbi, 2017) was coded up a level to new code *Apologising; emoting—cowards* (Gumbi, 2017) coded up to new *Perspectivising; realising insights* (Mpata, 2011) coded up to new *Realising*.

Then, *believing/exercising faith* and *believing in God* under *Mopping up—factoring risk* was re-coded to *Believing*; *asking forgiveness* under *Mopping up—securitising* recoded to *Apologising; assisting victims* and *preparing victims* to *Helping*. This expanded and partially saturated the properties of the socio-psychological process of *Safetifying*. The resultant list looked like this after I removed *Distributing* and *Feeding* for not being psychological as such:

Table 12—Elaborated *safetifying* psychological process second level dimensions

Achieving	Confidenting	Finishing up	Liberating	Selfsupporting
Analysing	Connecting	Futuring	Motivating	Shrewding
Appreciating	Contenting	Goalsetting	Organising	Strengthening
Apologising	Contributing	Gratituding	Perceiving	Victoring
Asserting	Decisiving	Growing	Perspectivising	Welcoming
Awarenessing	Determining	Healing	Positiving	
Banishing	Disentangling	Helping	Reclaiming / MyLifeing	
Believing		Increasing	Relinquishing	
Benefitting		Independenting	Selfloving	
Changing				

As these concepts either overlap somewhat or are sub-concepts of one another, I arranged them in an outline as follows, by comparing each with the others ($40 \times 39 = 1560$ potential comparisons), thus making some dimensions/properties of the others, as they work towards *safetifying*:

Table 13—Delimited *safetifying* psychological process second level dimensions

Awarenessing	Finishing	Perspectivising	Futuring	Victoring
Shrewding	Apologising	Positiving	Liberating	Growing
Analysing	Banishing	Reclaiming	Selfsupporting	Helping
Determining	Healing	Selfloving	Strengthening	Welcoming
Disentangling	Liberating	Asserting	Connecting	Benefitting
Perceiving	Relinquishing	Believing	Contenting	Contributing
Decisiving	Gratituding	Confidenting	Goalsetting	Achieving
Changing	Appreciating	Independenting	Organising	Increasing

The potential 1560 comparisons were reduced by first assessing the emergence of 5 theoretically-ordered main categories (Glaser & Strauss, 1967, p. 209), which once chosen, made the comparisons go much faster, until some categories had 9 and some 7; but by comparatively assessing greater fit (not forcing) of those few, I managed to do minimal but optimal shuffling to fortuitously achieve 7 properties per column; were I not able to, I was naturally quite prepared to leave them with an uneven number of properties. (Although page numbers are only provided in APA format for verbatim quotations, I have provided page numbers in this informal method chapter in some unquoted instances to help with conceptual/principle confirmability.)

I now went about theoretically ordering the properties and setting up the outline in flow with the other outlines, aware of what Glaser and Strauss (1967, p. 209) say about ordering: “Although the data may admit of no temporal sequence, his [the analyst’s] creative imagination can consider any ordering principle for the related variables, and this principle becomes his ingenious suggestion. With imagination and ingenuity he can theoretically order his variables by time, structural complexity, conceptual generality, or in any other theoretical manner. His job is to suggest a theory based both on the *theoretically relevant order* of elaborated relationships and on the *content* of the variables he employs.”

In this process I quandarised about *Safetifying* as a psychological and structural process, and assessed that as a psychological process with sub-cores *Awarenessing*, *Finishing*, *Perspectivising*, *Futuring*, and *Victoring*, it was

conceptualised maximally as *Safetifying*, but that the initial structural process sub-variables *Attacking*, *Aftermathing*, and *Mopping up* now concerned me as not having their breadth of variation maximally conceptualised simply in the concept *safetifying*.

These structural variables/factors seemed to be needing a concept that specified their timing, purpose, and method of operation, being the fundamental mostly physical things that occurred in the process of *safetifying* from interpersonal violence.

As surprising as it might sound, this was the first time I had actually stated that theoretical phrase: *safetifying from interpersonal violence*, which is, of course, what *safetifying* is, but I had never before actually conceptually linked *safetifying* and *interpersonal violence*.

Writing helps to clarify.

Now, back to the quest for an overall concept for the socio-structural process of *safetifying* that specifies timing, purpose, and method of operation.

Timing: I first reminded myself that I had identified *Attacking*, *Aftermathing*, and *Mopping up* as occurring in phases; thus, I conceptualised the timing aspect as ***phasic***.

Purpose: Next, I considered that the main aim of the process would be protection from *danger* (experiencer main concern); thus, I conceptualised the purpose as ***protective***.

Method: Here I grappled with the manner in which the stages within the phases (see the outline below) were actually carried out in order to effect the desired *protection*, and discovered that it would happen in sequences of varying composition (elements), order, and complexity within and across *phases*; this suggests a fairly flexible ***sequencing*** concept.

Thus the timing, purpose, and method conceptualisation of the overall process of *Attacking*, *Aftermathing*, and *Mopping up* became ***Phasic Protective Sequencing***.

And then a provisional title for this dissertation fell into place:

*Safetifying from interpersonal violence through Phasic Protective Sequencing:
A classic grounded metatheory*

This is how the outlines look so far:

Table 14—Combined theoretical outlines for *Safetifying*

Endangering conjunctural causal socio-structural conditions (Glaser, 1998, 2005)				
The Elite	The People	Endangerment		
Politics	Socialisation	Organised crime		
Inferiority projection	Cultural norms	assault		
Legislation	Patriarchising	binding		
Town Planning	Poverty	domestic violence		
		farm attack		
		home invasion		
		rape		
		shooting		
precipitates Safetifying from interpersonal violence socio-psychological process (Glaser, 1998)				
Awarnessing	Perspectivising	Finishing	Futuring	Victoring
Perceiving	Reclaiming	Appreciating	Liberating	Contributing
Determining	Believing	Relinquishing	Goalsetting	Welcoming
Analysing	Selfloving	Liberating	Organising	Helping
Disentangling	Independenting	Banishing	Connecting	Benefitting
Decisiving	Asserting	Gratituding	Selfsupporting	Increasing
Shrewding	Confidencing	Apologising	Strengthening	Growing
Changing	Positiving	Healing	Contenting	Achieving
through Phasic Protective Sequencing socio-structural process (Glaser, 1998)				
Attacking	Aftermathing	Mopping up		
evaluating	evaluating	evaluating		
- setting up	- impacting	- factoring		
contacting	protecting	- exposing		
tacticking	reporting	- victimising		
- effecting	supporting	securitising		
responding		- preventing		
- acquiescing		enforcing		
- fighting		- reporting		
- helping		handling		
		- supporting		
		- training		

This then lays the groundwork and provides a framework for further theoretical sampling and selective coding as indicated. But before that can be done, the rest of the Childress (2016) data already entered into *the sheet* need to be selectively coded, and memos written, after which sorting again of codes/memos to the outline and further memo-writing.

The past day and a half was spent reviewing, re-reading and formatting the entire dissertation so far, especially this Method section. I then submitted it as the first draft to my supervisor, Dr. M. A. Gumani.

Date: Still 20 March 2020

Figure 3—Resolution to problem 6 pages up: Cowboy



I am aware that some of the properties of the socio-psychological process of *Safetifying* as presented above are somewhat “skinny”—lacking in saturative indicators, but that is because they are freshly emerged and need time to earn their stay (Glaser, 2006) within the theory. Some may even be one-incident variables (Glaser, 2007a) which may or may not have to be ejected depending on their relevance and capacity for saturation.

Glaser (2015, pp. 4, 6) is fond of referring to the necessity of “preconscious processing” as a part of handling and emerging from the confusion that constant comparison can generate. Clancy and Vince (2018, pp. 3, 10, 15) refer to “unconscious processes” during research in a way that includes Glaser’s “preconscious processing”, and they encourage the analysis and recording of dreams (“unconscious motives”) as a way to help tap the power of these processes for the benefit of building theory, suggesting also the use of a dream diary improving reflexivity.

I had not for a long time had any significant or memorable dream, but last night, I had three.

Dream 1: I dreamt that I was outside gathering up a bundle of twigs, fine feathers (like from a feather duster), and cobweb to tidy up and throw them

away. I was also busy tidying and arranging objects inside, like piles of books, etc.

My interpretation: This sorting and arranging process needs to take place in the present study shortly, because I am bothered by the unknown degree of authentic integration present within the theoretical outlines.

Dream 2: After waking and turning, I dreamt a very vivid dream in which I was, through some company, an investor in an apartment which we went to inspect and found that the tenant was complaining of the moving kitchen floor. He demonstrated by standing on the floor, and we could see how the floor moved down and away from the superstructure and slowly rolled away a bit on two small opaque-white wheels on the one side towards water. I lifted the floor and examined the varnished wooden quarter-rounded bevels on the one corner and saw how that the screws that had been used to attach the floor to the superstructure were either stubby or insufficiently threaded, and I proceeded to explain that we would get longer screws, in fact use bolts (and the tenant said simultaneously with me) “and nuts” to reattach the floor.

My interpretation: I have so far built a certain superstructure (i.e. some of the recent *safetifying* properties) in the theory outlines, but it is not clear that the foundation belongs to it. This is calling for a clear, detailed, and painstaking examination and comparison of all indicators to codes to properties and categories—“forces the researcher to verify and saturate categories, minimizes missing an important category” (Holton, 2010, p. 24)—to ensure logical, theoretical relevance and “validity”—“it must fit the pattern as closely as possible” (Simmons, 2010, p. 30).

Dream 3: I then dreamt I was in a vehicle being driven by an estate agent. We drove along the passages in her house (!) and out of the front door, and she sped down the road and had to halt at some steel bollards in the road where we got out and she was trying to buy tickets for some animal show. I was feeling I had essentially no control over the event and did not really know what was going on.

My interpretation: Some of the study concepts could be taking me in the wrong direction. I must ensure saturation and relevance to the emergent core so that unproductive forced detours or deviances do not occur (Glaser, 2012b; cf. Martin, 2006).

My dreams seem to be subconsciously coaching me to proceed with caution and care to ensure a high-quality **grounded** metatheory. I intend to take due notice of the warnings and to proceed with caution and care. The following recorded steps in this method should show.

“Coping” with violence is key in the Childress (2016) study and as *safetifying* is the emergent resolute variable used to cope with or to handle interpersonal violence, it seems advisable that in order to refine and saturate *safetifying*’s properties, I will need to look for more data on *coping*.

I returned to *the sheet* to the 68 Childress (2016) data bits that awaited open coding. If each data bit gives about 4 codes, it means I’m in for about 272 codes now, and memoing. I do not relish the thought (because this seems a lot of work), but I know it will be better once I’ve started. I just hope this is not too much concentration on one set of data. But I will monitor it as I go and code selectively so as only to include relevant indicators.

Before long I had done 32 codings, mostly under *Attacking*, with *alcohol* emerging in two outlines thus: *Endangering—The People—Alcohol use—alcohol availability*; and *Phasic Protective Sequencing—Mopping up—factoring—drinking alcohol* (this is the second indicator for this *factoring* property, the first being from Manyema et al. (2018).

Date: 21 March 2020

By the 95th code in this sequence, *alcohol* was coded again as *Attacking—tacticking—drinking alcohol*. Alcohol causing violent behaviour came up another 3 times in the Childress (2016) coding.

So the anticipated 272 codes turned out to be 156 codes. I could sense the saturation of the properties through the interchangeability of indicators (Glasser, 2019), with the result that I only selectively coded indicators that could vary or elaborate the concepts.

I lay down after lunch and rose with the realisation that after backing up and sorting *the sheet*, the inspection of the sort would indicate the next step, and that I should consider coding my findings in the literature review more fully.

I made a copy of *the sheet* file as backup and sorted according to 3rd level and 2nd level codes. *The sheet* contains 744 open codes. I numbered the 5 main categories in the *Endangering* and *Safetifying* outlines and inserted their numbers in *the sheet* next to their properties. I then had to insert a column in *the sheet* to number the outlines 1, 2, and 3 for better sorting.

When I came to the *Safetifying* outline, I realised that all 5 main categories had coded incidents (a total of 20) from the other authors besides those from Childress (2016): *Awarenessing* (4); *Resiliencing* (4); *Finishing* (6); *Futuring* (3); *Victoring* (3). I reviewed each of these incidents and realised that, although these categories emerged through coding of Childress' (2016) fine work, they were all latent within the coding and could have emerged later as, prior to coding Childress (2016), I was already seeing aspects of the psychological process of *Safetifying* in such sub-categories as: *Attacking—effecting*, *Aftermathing—evaluating*, and *Mopping up—handling*, which I had been thinking may likely need to be extracted for the purpose of treating *Safetifying* as a socio-psychological process.

I am very grateful for the Childress (2016) study with its insightful findings which “can be transferred to similar social contexts from a theoretical point of view”, “helpful in directing further research”, and “to tailor interventions and counseling for women experiencing abuse” (pp. 318 - 321).

I was thus content, for now, to stop coding (Glaser, 2012b), continue sorting, and writing more memos on sorts and integrations (Brolin et al., 2016).

Taking stock, it meant that the coded data covered more than 40 participant's descriptions and over 9 researchers' insights of interpersonal violence, covering the following types of violence:

Table 15—Violence types covered in *Safetifying* metatheory

assaulting	burning	kicking	raping
battering	dragging	piercing	shooting
beating	grabbing	pulling	slapping
binding	hitting	pushing	throwing

As I sorted and wrote memos, properties were reallocated to different categories to achieve indicator interchangeability, and some properties were elided or absorbed by others. Some properties have 4 indicators (e.g. *Safetifying—*

Futuring—Goalsetting), whereas others only have one (e.g. *Safetifying—Futuring—Achieving*). I shall see how the literature may help to saturate those properties (Glaser, 2010), as I write further memos and when writing up the theory.

I wrote 7 memos on *Endangering* integrating *The Elite*, *The People*, and *Endangerment*, and placed them in a new memo sheet.

I copied a memo of 13 March 2020 on *Endangerment* to the memo sheet where I will now store and transfer all memos as I proceed.

The sequential use of the three studies (Childress, 2016; Gumbi, 2017; Mpata, 2011) as part of key initial data for the present study, first minimised then maximised the differences within and between the various groups of interpersonal violence: assault, farm attack, and domestic violence; this helped with *category existence verification* and *theory scope general uniformity* (Glaser & Strauss, 1967, pp. 55-56).

Table 16—Outline showing *during* & *after* Safetifying stages

Date: 22 March 2020

I continued sorting, writing memos, re-sorting, and integrating the categories into the theory.

Safetifying separated into a *during* and *after* phase (see adjoining table) with new categories emerging for the former from the *attacking* codes, bearing in mind that *safetifying* is psychological and *attacking* is structural.

The present outline may be viewed in the adjoining table. (I have removed sub-

Endangering				
conjunctural causal socio-structural conditions (Glaser, 1998, 2005)				
	Condition 1	Condition 2	3 Consequence	
	The Elite	The People	Endangerment	
Aspect 1	Politics	Socialisation	Organised crime	
Aspect 2	Inferiority projection	Cultural norms	Assault	
Aspect 3	Legislation	Alcohol use	Domestic violence	
Aspect 4	Enforcement	Patriarchising	Farm attack	
Aspect 5	Town Planning	Poverty	Rape / Shooting	

Phase 1				
precipitates				
Safetifying				
during interpersonal violence				
socio-psychological process (Glaser, 1998)				
	Stage 1	Stage 2	Stage 3	Stage 4
	Awarenessing	Resiliencing	Finishing	Futuring
Step 1	Observing signs	Taking abuse	Allowing perpetrator	Incapacitating
Step 2	Anticipating trouble	Receiving violence	Cutting point	Expecting death
Step 3	Averting danger	Enduring pain	Stopping perpetrator	Shutting down
				Victoring
				Deciding for life
				Resisting
				Receiving help

Phase 2				
and				
Safetifying				
after interpersonal violence				
socio-psychological process (Glaser, 1998)				
	Stage 1	Stage 2	Stage 3	Stage 4
	Awarenessing	Resiliencing	Finishing	Futuring
Step 1	Perceiving	Reclaiming	Relinquishing	Organising
Step 2	Disentangling	Believing	Banishing	Goalsetting
Step 3	Perspectivising	Selfflowing	Liberating	Selfsupporting
Step 4	Understanding	Independenting	Gratituding	Connecting
Step 5	Decisiving	Asserting	Apologising	Strengthening
Step 6	Shrewding	Confidenting	Healing	Achieving
Step 7	Changing	Positivng	Motivating	Contenting
				Victoring
				Determinating
				Welcoming
				Helping
				Contributing
				Benefitting
				Increasing
				Growing

through		
Phasic Protective Sequencing		
socio-structural process (Glaser, 1998)		
Phase 1	Phase 2	Phase 3
Attacking	Aftermathing	Mopping up
Stage 1	Setting up	factoring
Stage 2	Contacting	protecting
Stage 3	Tacticking	reporting
Stage 4	Responding	supporting
		enforcing
		securing
		handling

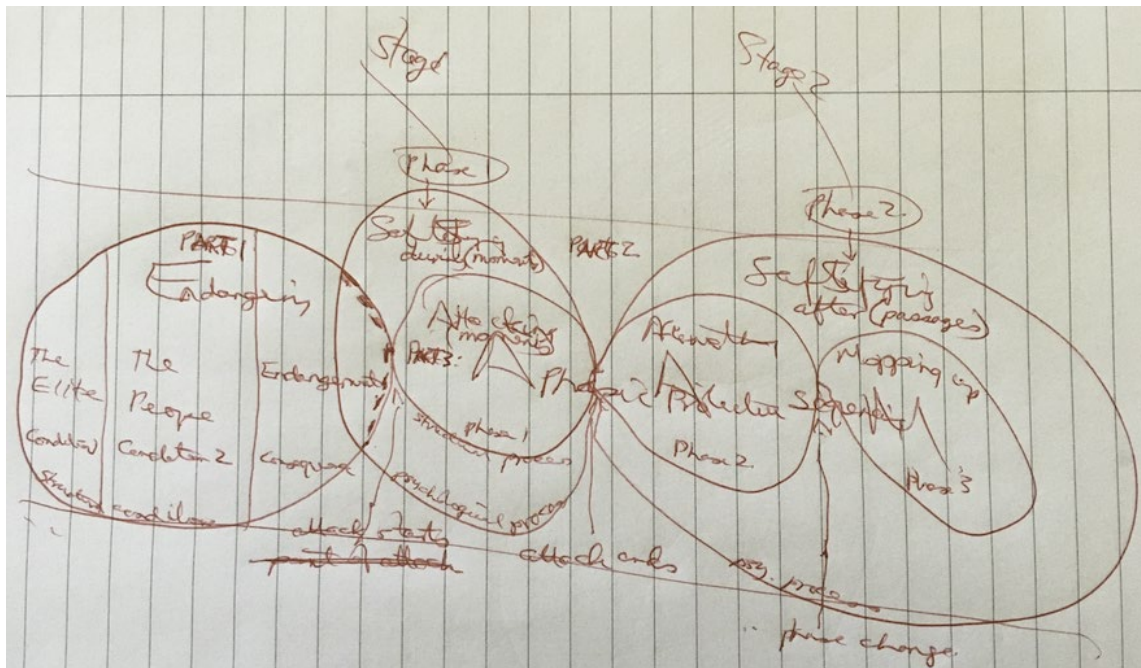
properties for clarity sake, although they will still be dealt with in the theory explication).

I am now leaving the work, *cooking and maturing* (Glaser & Holton, 2004), to simmer and gel, to have a quiet bath and an early night.

Date: 23 March 2020

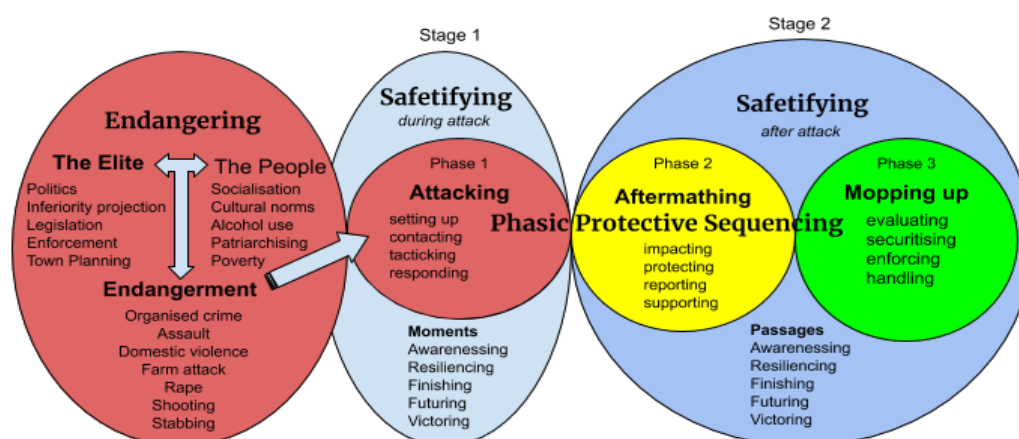
I wrote 21 and edited 5 memos on integration of dimensions with sub-variables and these with the core. Then I scribbled a theoretical model (Glaser, 1978) of *safetifying* through *Phasic Protective Sequencing* (see below) and spent time considering the emergence of various theoretical codes/abstract models (Glaser & Holton, 2005) for its different parts. (The writing is very untidy because I wasn't trying to be neat, just thinking. I can actually write tidier than this!)

Figure 4—Initial sketch model of *Safetifying* through *Phasic Protective Sequencing*



I redid the model in Google Docs (the following day):

Figure 5—Initial model of Safetifying through Phasic Protective Sequencing



What must be realised at this juncture is that although this study is generating a single grounded metatheory, it has emerged in the form of what are essentially or potentially 3 grounded theories:

1. Endangering
2. Safetifying during (phase 1) and after (phase 2) interpersonal violence
3. Phasic Protective Sequencing

Number 3 emerged first, then number 1, and then phase 2 of number 2, and finally phase 1 of number 2. There are, thus, actually only 2 main grounded theories, namely 2 and 3, and 2 is achieved through 3, making them essentially 2 parts of the same theory. *Endangering* is a grounded theory on its own, but it will not be fully developed as such as that is not an aim of this study. It will however be sufficiently saturated and explicated so as to form a coherent part of the overall grounded metatheory.

Accordingly, it is more accurate to speak of the 3 above processes as being 3 parts of an overall classic grounded metatheory.

Date: 24 March 2020

I spent a lot of time theoretically coding many aspects of the theory. Multiple theoretical codes may be mixed (Glaser & Holton, 2005), several have emerged in different parts of the theory, and they naturally explain those parts of the

theory best, so I will in all likelihood be going with those. I drew the diagram/model in Figure 5 above in Google Docs. I titled and listed all tables and figures in this dissertation so far.

Expanding theoretical sampling—10th to 16th data items

Date: 25 March 2020

Today, I decided that, as this is a metatheory study, it needs theory insights from more studies with more participants, so I continued selecting other theory studies for this purpose from my collection not limiting myself necessarily to “recent...items” as in the **Selection of Interpersonal Violence Literature as Data** in Chapter 2 above. This will hopefully ensure a more comprehensive, better-rounded metatheory. The aim is not worrisome descriptive coverage, but conceptual relevance through “sufficiently significant” selective coding (Glaser & Holton, 2004).

These are the ones I identified and the assessments I made; I only included those which could reasonably be determined to be suitable from an ethical and objective standpoint in terms of the Data Evaluation Sheet (see Table 1 above); some were already included in the *theoretical sample*; numbering starts at 10 as the first one is the tenth data literature item to be included in this analysis:

10. Lazar (1998) generated a grounded theory of television violence and children, studying social workers and discovering that they do not routinely consider the negative impact of television violence on their children clients, although they are concerned about the impact. This study involved 21 participants. This theory insight was included in *the sheet* and coded under: *Endangering—The People—Cultural norms—television violence*.
11. Porter (2011) developed an intimate partner violence grounded theory that shows how relationship and marriage education makes people more aware of potentially unsafe relationships and helps them to build secure environments. The participant count behind the data used in this study could not be determined. This education grounded theory insight was included in *the sheet* and coded under: *Phasic Protective Sequencing—Mopping up—Training—awareness training*.
12. *A grounded theory of domestic violence childhood understanding*. Sammut Scerri (2015) generated a grounded theory on how women manage the contradiction of living with love and violence after having experienced domestic violence as children. This study is one of the *theoretical sample* for the present study. Her core variable of double-binding points to a victim concern of love and violence contradiction. Yet she refers to “danger” 34 times throughout her dissertation, and it appears that this is the fundamental main concern of the participants (as it is for the present study) resolvable through resilience, reconnection, and reconciliation, which have already been shown in the coding of the present study (*Resiliencing, Connecting, Gratitude, Apologising, Healing*) to be a part of *Safetifying*.

Thus, some of Sammut Scerri's concepts are either identical or very close to those of the present study, indicative of interchangeability of indicators and theoretical saturation as far as her data inclusion in the present study is concerned, but also of the present study's main concern and its resolution as being conceptualised on a higher perhaps more comprehensive level. Her study involved 15 women. I coded her 3 resolutive steps into *the sheet*, as it seems they will provide nuance:

Resiliencing—resilience
Finishing—Apologising—reconciliation
Futuring—Connecting—reconnection

Although the present metatheory has not yet been written, it should be noted that, the literature being the data source for the present study means that the relevance and fit and to a lesser extent workability and modifiability of the present metatheory is reflected in such comparisons as just done with the Sammut Scerri (2015) study.

13. *A grounded theory of domestic violence childhood effect.* This study is also a part of the *theoretical sample* for the present study. Snyder (2017) researched women with dissociative identity disorder which stemmed from serious maltreatment as children. Their concern seemed to be how to cope with partner violence and they believed this could be resolved by having access to more resources like properly trained healthcare workers. Snyder mentions *danger* 8 times as being important in the mechanism of *safeguarding*. This as well seems to fit as a subset of the present metatheory, with *coping with partner violence* speaking to *danger* as a main concern and *accessing healthcare to supporting—treatment in safetifying*. Again, the fit and relevance is evident. I included the following code set in *the sheet*: *Aftermathing—treatment—accessing healthcare*. *The sheet* has only 3 indicators now for *Aftermathing—treatment* so this inclusion seems important.
14. *A grounded theory of domestic violence coping strategies.* This study is also a part of the *theoretical sample* and had 4 participants: Kirlew (2012) undertook a fascinating grounded theory study of domestic violence in Sioux women and how they benefit from engaging spirituality to achieve intra-psychic reconciliation by moving from a sense of conflict to that of blessing. Self-reconciliation appears to be the women's concern and engaging spirituality the resolution. Integration or reintegration (self-reconciliation) from *danger* appears essentially to be the main concern. *Engaging spirituality* speaks to *Resiliencing—Believing* as a part of *Safetifying*. I coded *engaging spirituality* accordingly. Only 3 indicators for *Believing* made this a good choice as it is also a controversial variable/factor; now there are 4.
15. *A grounded theory of domestic violence disclosure.* Lawlor (2014) built a grounded theory of conspicuous invisibility in which healthcare professionals learn to discover violence against women, and abused women learn to effectively disclose it. She interviewed healthcare professionals and women who had experienced domestic violence, 30 interviews in total. Client silence appears to be a concern and breaking the silence the mechanism of resolution. *Danger* is referred to as a generic concern (p. 202) of domestic violence situations. *Breaking the silence* falls under *Mopping up—handling—counselling*, where *counselling* is a new dimension in the present study, but still globularised by *safetifying*.
16. *A grounded theory of domestic violence health worker preparedness.* This study involved 52 participants. Gomes et al. (2013) created a grounded theory which recognised professional health care worker unpreparedness and rotation as concerns needing to be addressed by creating awareness of domestic violence incidence, being more attentive to victims stories, bonding with the victim, informing about rights, and referring effectively.

From this I coded the following: creating awareness of domestic violence incidence, being more attentive to victims stories, bonding with the victim, informing about rights, and referring effectively:

Victoring—Helping—creating awareness
Mopping up—treatment—listening attentively
Mopping up—treatment—bonding with victim
Mopping up—treatment—informing of rights
Mopping up—treatment—referring effectively

These are things the victim should know to be seeking in treatment, and they all form a part of *Phasic Protective Sequencing* by *safetifying*.

Grounded theory theoretical sampling—17th to 27th data items

Date: 26 March 2020

17. *A grounded theory of domestic violence health worker response.* Sixteen participants were involved in this study. Carroll (2011) produced a grounded theory of health worker domestic violence management skills. Her identification of the core category of journeying through violence indicates “absolute despair” as the victim concern (engendered by “*danger*”, mentioned 59 times in this dissertation) and “progressing from decision-making to planning and action” as a mechanism for resolution resulting in “growth and development” (pp. 30, 305). I coded this in *the sheet* as *Awarenessing—Decisiving—decision-making* as a helpful, elaborative indicator.
18. *A grounded theory of domestic violence health worker self-care.* This study involved 20 interviewees. Pérez-Tarrés, Cantera Espinosa, and Pereira da Silva (2018) studied health care professionals by grounded theory analysis, determining how they react to dealing with gender-based violence sufferers and what institutional and self-help assistance they might receive. The gender-based violence sufferers in the study were identified as women, although men can be the target of gender-based violence as well; thus the assumption that the preponderance of such violence be occurring at home and the consequent classification of this grounded theory under domestic violence. The concern of the workers appears to be *vicarious traumatising* and the resolution *enhanced self-care*. I added the code: *Mopping up—victimising—vicarious traumatising*.
19. *A grounded theory of domestic violence shelter support workers.* Nineteen people took part in this study. Merchant and Whiting (2015) conducted a non-theoretically-sampled grounded theory of domestic violence shelter support workers (advocates) and how the challenges they face impact shelter culture and conditions for clients and workers. The theory indicates how to handle the challenges for improving shelter environments. Workers in some of the shelters were concerned that clients (usually abused women) were freeloading and not taking responsibility for their own recovery. This appears to be a concern of some of the shelter workers, but it may consciously or subconsciously also be a concern of victims themselves. The workers suggested resolving this by motivating clients through requiring attendance of training courses for example, intending to spur acceptance of responsibility for recovery. This was coded as: *Awarenessing—Changing—accepting responsibility*.

20. *A grounded theory of domestic violence secrecy and disclosure.* This study involved 32 participants and is one of the *theoretical sample*. The grounded theory of Haselschwerdt (2013) deals with secrecy and disclosure of domestic violence within an affluent community. It reveals the need for improving community capability for supporting recipients of domestic violence. She identifies violent husband level of community status and power as the main category in her grounded theory. This *influenced* how wives (some becoming ex-wives in the process) concealed (their concern) or disclosed (resolution) their experiences. I gave it the code set *Aftermathing—treatment—influencing opinions* in *the sheet*, as this indicator could be useful in the theory.
21. *A grounded theory of domestic violence intervention.* Participants: 18 in number. Latta and Goodman (2011) developed a grounded theory on the experiences of third-party intervention in domestic violence. The concern seems to be the plight of the victim (danger) which the third party attempts to ameliorate by role definition and helping to confront the perpetrator (to go for counselling for example) and direct the victim to assistance. This could have been coded and included as: *Attacking—response/fighting—confronting perpetrator* but as no informed consent could be found in this article, it was rejected for inclusion in this study, which is a pity as it appears to otherwise be a well-structured study, and *confronting perpetrator* a potentially salient concept.
22. *A grounded theory of sexual offender empathy.* Participants numbered 31 in this study. Webster and Beech (2000) formulated a grounded theory of rapist empathy. It would appear that the main concern of the perpetrators was their own guilt which they tried to resolve by minimising responsibility and projecting blame onto others such as the victim and victim's family. This was coded as a polar opposite (cf. Glaser, 1998) in favour of the victim, as: *Finishing—Liberating—rejecting blame*, and added very nicely to the sub-category as the second indicator for *Liberating*.
23. *A grounded theory of patient violence prevention.* This study involved 28 staff and patients. Johnson and Delaney (2006) produced a grounded theory of maintaining safety in psychiatric wards and point to the need for future research on the identification of factors contributing to *making people safe* and of violence reduction interactive variables/factors in such wards. The concern of workers and patients appears to be *safety* (implicitly *danger*), and they resolved this through the process of *keeping the unit safe* (*Safetifying*) which involves efficient and effective space and time management. I coded from this as follows, adding two fine dimensions to the process of *stopping the perpetrator*:

Finishing/attacking—tacticking—Stopping perpetrator—managing space
Finishing/attacking—tacticking—Stopping perpetrator—managing time
24. *A grounded theory of workplace bullying.* Anthony (2015) studied 14 nurse leaders to produce a grounded theory of workplace bullying and how to manage it. This is a grounded theory of nurse leaders as troubleshooters, with their concern being the welfare of their staff (protection from *danger*) who were targets of bullying, with potential resolute avenues of *making work environments safe* (part of *Safetifying*) and improving reporting procedures. This added to the conceptualisation of *securitising*:

Mopping up—securitising—securing environments

25. *A grounded theory of domestic and sexual violence.* Salazar, Goicolea, and Öhman (2016) researched male intimate partner violence, and sexual violence against women by male non-partners, through 8 focus-group interviews with a total of 59 Nicaraguan female participants. This study brings together two types of interpersonal violence for consideration of their effect on women and the need for nonviolence and implementation of human rights. The study

(Salazar et al., 2016) exemplifies broadening the reach of violence studies to include interpersonal violence from different actors, inside the intimate relationship and outside of it. Thus, it combines domestic and non-domestic violence and each of these violences may include a wide range of violent actions. Studies of intimate partner violence, domestic violence, or sexual violence, therefore, are by definition eclectic studies potentially embracing numerous types of violence. This would give further credence to the present study's inclusion of studies of participants who have experienced beatings, rape, stabbings, shootings, and murder regardless of whether or not these occurred as a part of domestic, sexual, farm, or any other type of interpersonal violence. The concern of the women participants of the Salazar et al. (2016) study appeared to be *human rights* (the right to be free from *danger*), resolving through the active *promotion of nonviolence*. This was coded to *the sheet* as: *Mopping up—training—promoting nonviolence*.

26. *Interpersonal violence and distress I*. Out of 100 results for an “interpersonal violence” search in Google Scholar, only two titles met the criterion of being indicative of a possible subjective concern of experiencers of interpersonal violence. Both dealt with psychological distress. A meta-analysis of 50 quantitative studies dealing with partner physical abuse, partner and non-partner rape, childhood physical and sexual abuse, and assault showed that *psychological distress* is significantly associated with interpersonal violence (Weaver & Clum, 1995). A *perceived threat* to life resulted in twice as much psychological distress as force or actual injury. Comparison of *psychological distress*, *distress*, and *stress* with the 72 indicators for *impacting* and 7 for *Anticipating trouble* in *the sheet* showed that these concepts were not represented and do elucidate, so I added:

Aftermathing—impacting—psychological distress
Awarene./attacking—setting up—Anticipating trouble—perceiving threat

Seventy-two indicators might sound a lot, but it is actually not, as they are still conceptualisable into sub-dimensions under *impacting* or eventually elsewhere during further sorting and writeup. It should be noted that this study (Weaver & Clum, 1995), although referred to as a *meta-analysis*, had its focus on distress and interpersonal violence, and was not a *meta-synthesis* (resulting in a *metatheory*) of qualitative studies on interpersonal violence as the present study is.

Also, this exercise of adding further properties and indicators from interpersonal violence theory studies to the present analysis may not appear to be following classic grounded theory's theoretical sampling procedure (driving the search for data by the existing emergence), but the present procedure is *selective coding* (Glaser, 2016, p. 108) amongst theory sources which were not all included in the *theoretical sample* that are, since *core emergence*, being found to be relevant and helpful in *saturating* certain properties.

27. *Interpersonal violence and distress II*. An Italian study of 444 women, in which 20% had been abused and 4% physically or sexually attacked, indicated that those who experienced present and past partner violence were 6 times more likely to be psychologically distressed than women who had experienced no violence (Romito et al., 2005). This and the previous study indicate the heavy psychological burden that people have to bear in experiencing or tolerating interpersonal violence. Distress (response to actual or perceived *danger*) would seem to be an important concern of these interpersonal violence recipients that they might resolve through some form of *distress management*. I compared with concepts in *the sheet* and created the following relevant codes:

Aftermathing—impacting—psychological distress (second indicator)
Aftermathing—treatment—managing distress

Treatment theoretical sampling—28th and 29th data items

Date: 27 - 28 March 2020

Today was the first of 21 days' lockdown in South Africa for the COVID-19 pandemic. All my staff (accounting and business consulting) have been working remotely from home since two days ago.

Dream: The night before last I had a vivid dream that I was being driven (I am always being driven!) by a family member this time in a car going uphill in a Johannesburg suburb with a torrential river of water coming down the street under us about a foot deep. I cautioned the driver not to stop or go too fast, but to keep a steady pace. My unstated reasons were: If we stop, we might not get going again because of the force of the water and could eventually get washed downhill, and if we go too fast, it could drive water up into the engine housing and stall the vehicle.

My interpretation: I don't know why in my dreams someone else is always driving the vehicle and I am a passenger, but I don't think analysing that is relevant to this research. However, the torrential water speaks to me of much unconscionable social adversity my family and I have been put through over the past years, and a cautionary to keep going at a steady rate for what is right and fair. Research-wise, it speaks of a flood of new, possibly salient, data for selective coding, to round out some of the properties in the emerging theory, and the need to pace myself (Glaser & Holton, 2004) and allow for sufficient elaboration mostly within the already delimited framework.

While I am busy reflexing, attention should be brought to the posited "intentional act to significantly harm another physically or psychologically" (Chapter 1 above; cf. Butchart et al., 2015) of those behind a suspected bioweapon use of COVID-19 (Coutard et al., 2020; Menachery et al., 2015; Hou et al., 2010). To this extent, such action is violence against humanity as a whole, and, simply, because it may be by unseen pathogens, is no less reason for the perpetrators not to be brought to book. Of course, Google would have you believe otherwise, though, as for them, most things controversial or politically incorrect are conspiracy theories (Google-search "covid-19 biological weapon"), but *conspiracies* do exist, and this one may not turn out to be a theory after all,

if the evidence is properly examined (Boyle, 2020). Likewise, 5G appears to be extremely bad for human health, also equivalent to use as a bioweapon (Light, 2018). Some are now linking COVID-19 symptomology with the epidemiologically-related effects of massive 5G rollouts (Knowing the Truth, 2020). And then, finally, the COVID-19 “scare” is postulated by some to be a pretext for forced adult immunisation (with dangerous, potentially-lethal toxins included) and microchipping (Bigtree, 2020). However, having made this perhaps pertinent digression—it does contextualise violence in a different light—we must exclude it from our further attention, as it does not fall within the ambit of *interpersonal* violence *per se* (Appstate, 2019), but, likely, more along the lines of “violence by organisations or formal groups” (Chapter 1 above; cf. Waters et al., 2004).

28. *Interpersonal violence and PTSD I.* A review of the first 80 titles of an in-title search on “interpersonal violence” in Gale (2019) produced 2 studies (this and the next) oriented around victim concern. Day (2009) advocates a combination of *narrative* and *existential* therapies to help interpersonal violence victims overcome their PTSD. This could help them to *face the anxiety*, *re-script the trauma*, and *re-establish identity* connection. I added the following code sets to the analysis:

Aftermathing—treatment—narrating
Aftermathing—treatment—existentialling
Aftermathing—treatment—facing anxiety
Aftermathing—treatment—rescripting trauma
Resiliencing—Reclaiming—re-establishing identity

29. *Interpersonal violence and PTSD II.* This study is part of the *theoretical sample*: McLean, Fiorillo, & Follette (2018) studied 27 women who had experienced interpersonal violence. They found that psychological *flexibility* was positively correlated with *self-compassion* and negatively correlated with PTSD symptoms. This suggests that interventions to raise victim psychological flexibility and self-compassion could ameliorate PTSD symptoms and make recoverees’ lives happier. PTSD (impact of *danger*) seems to be a substantial concern of recipients of interpersonal violence, with resolution by appropriate *PTSD management* therapy (*treatment* as a part of *Safetifying*). I coded the following into *the sheet*:

Aftermathing—treatment—managing PTSD
Aftermathing—treatment—raising flexibility
Resiliencing—Selfloving—raising self-compassion

Multiple theoretical samples—30th to 36th data items

Date: 28 March 2020

30. *Interpersonal violence and help-seeking.* A study, with no direct participants, selected out of 75 from a CORE search (<https://core.ac.uk/>) on interpersonal violence, develops a model of *help-seeking* after interpersonal violence and shows how *informal encouragement* from

others, *service-provider knowledge*, and *shame and guilt reappraisal* can open the door to seeking *professional help* (Schreiber et al., 2009). Shame, guilt, and perhaps even anger appear as concerns of recipients of interpersonal violence, resolvable through help-seeking. After comparing, I coded the following selectively to *the sheet*:

Finishing—Liberating—reappraising shame and guilt
Victoring—Contributing—encouraging informally
Victoring—Contributing—knowing service providers
Victoring—Contributing—seeking help

31. *Interpersonal violence and prevention*. There was only one result for the “interpersonal violence” in-the-title search in the Unisa Institutional Repository, and that was a PhD study (Taliep, 2015) on interpersonal violence prevention in a Western Cape community through promoting spiritually-oriented *masculinity* in community-based interventions. This study is included in the *theoretical sample*, involved 74 participants, and reports some good success on these interventions, and perhaps they could be implemented further afield with equal success. Here “masculinity” seems a concern of interpersonal violence recipients, and its resolution by *re-orienting* it. Comparing with the outline, the following selective codes were introduced:

Mopping up—enforcing—training—re-orienting masculinity
Endangering—The People—Patriarchising—toxic masculinity

Sobriety and *masculinity* were also introduced as polar opposite (Glaser, 1998) and synonymic concepts for *alcohol use* and *patriarchising* respectively. The dimension of *patriarchising* now appears to be saturatively elaborated.

32. *Interpersonal violence and reduction*. Another article (utilising 87 extant studies and in the *theoretical sample*) selected out of 75 from the CORE search on interpersonal violence deals with alcohol price increase, trading hour restriction, and limiting store number per area as policies which might reduce the incidence of interpersonal violence (Fitterer et al., 2015). *Alcohol availability* appears to be a concern for interpersonal violence recipients, and they could see this as being resolved by *restricting availability*. The following crucial codes were added to *the sheet/analysis*:

Endangering—The Elite—Legislation—alcohol availability
Endangering—The Elite—Enforcement—restricting alcohol availability
Mopping up—enforcing—lobbying alcohol restrictions

33. *Revictimisation theory of interpersonal violence*. A Google Scholar search for ‘allintitle: “interpersonal violence” AND theory’ rendered 1 out of 10 possible main concern theory items. This was a paper by Stockdale and Nadler (2012), which incorporates a related study involving 800 women participants. In it they review research and theory which show how interpersonal violence can lead to revictimisation by sexual harassment through inadequate coping skills and a reduced sensitivity to warning signals. They suggest that the implementation of a system for reporting sexual assault may go a long way to reducing sexual harassment. Revictimisation (fear of the *danger* of recurring victimisation) seems to be a concern of some recipients of interpersonal violence and that they resolve by *improving coping skills* and learning to *identify warning signs* (both implicit in *safetifying*). I compared and coded accordingly:

Awarenessing/attacking—evaluating—Observing signs—identifying warning signs
Mopping up—training—improving coping skills

34. *Constructivist grounded theory of interpersonal violence disclosure.* This is a constructivist grounded theory of men's disclosure of interpersonal violence (Simmons, et al., 2016). Twelve men, who had experienced interpersonal violence and had either talked with a healthcare worker or had indicated a desire to, were interviewed. Factors affecting disclosure such as fear, shame, and healthcare worker time constraints emerged as had done previously in women studies. New findings included the negative role of *masculinity expectancies* in both victim and worker in influencing disclosure. That is what Simmons and her colleagues (2016) identified as their principal finding. I coded this as:

Futuring—Selfsupporting—reducing gender expectancies

Up till now I have been totalling the number of participants, studies, etc. used by each applicable data item sampled for the metatheory. The numbers are looking like this:

Table 17—Growing source numbers for *safetifying* metatheory

No.	Source	n	No.	Source	n
1	Anthony, 2015	14	15	McLean et al., 2018	27
2	Carroll, 2011	16	16	Merchant & Whiting, 2015	19
3	Childress, 2016	14	17	Mpata, 2011	5
4	Ellis, 2014*	17,135	18	Phetlho-Thekisho et al., 2013	1,500
5	Erasmus, 2019	11	19	Pérez-Tarrés, et al., 2018	20
6	Fitterer et al., 2015	87	20	Romito et al., 2005	444
7	Gomes et al., 2013	52	21	Salazar et al., 2016	59
8	Gumbi, 2017	14	22	Sammur Scerri, 2015	15
9	Haselschwerdt, 2013	32	23	Simmons et al., 2016	12
10	Johnson & Delaney, 2006	28	24	Stockdale & Nadler, 2012	800
11	Kirlew, 2012	4	25	Talip, 2015	74
12	Lawlor, 2014	30	26	Weaver & Clum, 1995	50
13	Lazar, 1998	21	27	Webster & Beech, 2000	31
14	Matsumunyane, 2014	6	Total:		20,520

Note 1: The numbers indicated may refer to violence descriptions analysed or total participant/observee study count in incorporated or actual studies analysed; all will have had an influence on the theory insights included in this metatheory. Thus these counts, as they pertain to the present study, may be taken as general indicators of source and influence on relevant concepts within the metatheory.

Note 2: *The Ellis (2014) study included 10 studies with a total of 17,135 quantifiable participants; more unnumbered participants were involved.

At this point I stopped accumulating such numbers from the ensuing data items, deeming it unproductive timewise, as I felt the point had been made that the metatheory was by its very nature being influenced by a large number of participants, observees, and studies.

I then went back to the literature review (Chapter 2) to see if I could saturate the more sparsely populated properties with additional indicators, and these are what I added to *the sheet*/analysis (parts of the review have been copied and pasted here for coding):

35. **“South African violence causation (n=13).** South Africa has developed a culture of violence (Vogelman & Lewis, 1993; Galtung, 1990). Erroneous beliefs about entitlement to violence has led to this culture which breeds further erroneous beliefs and acts of violence” (Chapter 2). I coded as follows:

The People—Cultural norms—believing erroneously
The People—Cultural norms—breeding error
The People—Cultural norms—breeding violence
The People—Cultural norms—culture of violence
The People—Cultural norms—entitling violence

36. Galtung’s (1990) article contributed the following code as distinct from *culture of violence*:

The People—Cultural norms—cultural violence

“It [the belief-culture-violence cycle] is in effect an amplifying causal loop (Glaser & Holton, 2005; cf. Russell et al., 2013)” (Chapter 2). I added the subscription *amplifying causal looping* to the two conditions in *Endangering* in the outline: *The Elite* and *The People*.

Coding from literature review—37th to 44th data items

Date: 29 March 2020

37. Lamb (2016) is already numbered as no. 7 above being used as a data source, and, thus, Van der Merwe (2019) is no. 37. **“South African violence causation—government (n=1).** Firearms are enumerated as a contributing factor to violent crime in South Africa (Lamb, 2016). This must be seen, however, against the well-known backdrop of the enormous amount of stolen and unlicensed firearms in circulation (Van der Merwe, 2019). It should also be noted that a proliferation of firearms would not necessarily exacerbate violence levels, but firearms in incompetent hands might. Similarly, vehicles or knives are also just instruments. In the wrong person’s hands they can also be used to perpetrate violence. Rather, firearms in the wrong people’s hands should be seen as a failure of government to regulate and control such matters (Lamb, 2016) and as such, government would be the indirect but culpable cause of the violence” (Chapter 2). I selectively coded as follows:

The Elite—Enforcement—controlling firearms
The People—Cultural norms—stealing firearms

38. **“South African violence causation—hate (n=3).** It has been found that blaming the victim of a violent hate crime is often what underlies its commission (Pieterse et al., 2018)” (Chapter 2). Pieterse et al. (2018) is part of the *theoretical sample*.
39. “The boer (farmer) is a well-known target for hate crime in South Africa (Pretorius, 2014) [also part of the *theoretical sample*], and in some circles this is viewed as being socially acceptable (Pieterse et al., 2018). It has become a part of the culture of violence; the boer is killed for firearms, jewellery, land, money, and revenge (Gumbi, 2017). Such hate crimes are unfairly discriminatory, humiliate the victim, and are intended to send a message to the wider community; victims are viewed as not human, and overkill seems to be used as a psycho-political means to redistributing power differentials (Pieterse et al., 2018; Pretorius, 2014). Hate then can be a highly destructive force motivating interpersonal violence, having

influence from the highest echelons of society, expressed overtly or by neglect, right down to the person on the ground” (Chapter 2). I coded these to as yet unsaturated dimensions:

The Elite—Politics—hating politically
The People—Cultural norms—hating culturally
Endangerment—Farms attacks—hating segmentally

40. “*South African violence causation—inequality (n=3)*. The murder rate in South Africa goes up more than twice the rate of increase in inequality as one moves around the country (Harris & Vermaak, 2015) [part of the *theoretical sample*]. The level of violence, however, is not simply a factor of inequality, poverty, joblessness, or reduced life opportunities, but of the socio-economic environment which generally includes illegal immigration (Lamb, 2016; Makanga et al., 2017)” (Chapter 2). These two crucial concepts were added to the analysis:

The Elite—Enforcement—immigrating illegally
The People—Poverty—increasing inequality

Poverty is now sufficiently saturated as a sub-condition for explanatory purposes of the main concern *endangerment/danger* of people experiencing interpersonal violence.

41. “*South African violence causation—social (n=6)*. Mental illness or psychopathy includes a range of personality disorders among which are anti-social, borderline, and narcissistic personality disorders; these are on the rise in South Africa, and there is a correlation between them and violent crime commission and re-commission (cf. Ellis, 2014 [part of the *theoretical sample*])” (Chapter 2).
42. “Family and community disintegration, sometimes occasioned by police action or settlement informality, contributes to a social context in which it becomes easy to be interpersonally violent (Lamb, 2015 [part of the *theoretical sample*]; Makanga et al., 2017)” (Chapter 2).
43. “The abuse of alcohol in South Africa has also been identified as a strong facilitator of interpersonal violence (Lamb, 2016; Makanga et al., 2017), and the availability of alcohol as positively correlated with increases in interpersonal violence (Phetlho-Thekisho et al., 2013 [part of the *theoretical sample*])” (Chapter 2).
44. “Alcohol abuse is also associated with intimate partner violence against women in South Africa (Russell et al., 2013 [part of the *theoretical sample*]), and substance abuse, including drugs, with violent crime commission (Lamb, 2016)” (Chapter 2).

The foregoing were coded as follows:

The Elite—Enforcement—disintegrating society
The Elite—Legislation—supplying alcohol
The Elite—Town Planning—settling informally
The People—Alcohol use—abusing alcohol
The People—Socialisation—abusing substances
The People—Socialisation—disordering personalities

Recurrence of concept under *legislation*, evidenced by multiple indicators, has brought this sub-condition to conceptual saturation (Nathaniel & Andrews, 2010, p. 65). Also, *town planning* has been reasonably saturated as a structural

sub-condition of *the elite's* role in *endangering* for explication of the main concern and how it begins to produce a pattern of resolution through *safetifying*.

Date: 31 March 2020

Reflexive entry: Yesterday afternoon I began to feel feverish and felt very tired all of a sudden—information overload. My stomach began to run. I had no cough or chest pain, so I excluded COVID-19, but I became worried, why this, why now, because I am generally very healthy? Looking at the data was out of the question. I bathed and went to bed early and was hot-and-cold feverish the whole night. Towards morning the fever seemed to break and my T-shirt in which I slept was wet. I changed shirts at 5am. I had turned probably 25 times in the night and drunk water and shake throughout—probably 2 litres of water. I felt a bit better this morning. In my feverish sleep the only thing that kept going through my mind were sets of codes all over the outline interacting and resolving, interacting and resolving. I was aware of several connective insights in the theory emerging in my mind as I dropped off or turned. I tried not to think of anything, especially the study, but it seemed seared into my brain. Now it seems like I have acquired deeper insight into some of the functioning and patterns within the theory. I feel ready to write. Also, I think I have purposively/selectively covered sufficient studies to form a good base for a metatheory. So now I will turn to writing the theory in the next chapter (Chapter 4) and revert here when necessary to keep the method up to date and keep a record of all further studies utilised in this research, bearing in mind that from now on the approach will be strict theoretical sampling as needed from within the theory development, as against breadth of sampling from without to have a substantial data base within a particular field.

Theoretically sampled social violence—45th to 51st data items

Date: 2 April 2020

Reflexive entry: Yesterday I still felt a bit tired and listless from the fever and worked and relaxed in between taking a break from the research. I listen to a lot of jazz on YouTube, Al Di Meola, Chick Corea, etc., and I noticed today that my tonal recognition had changed from words to sounds as I went about everyday things like preparing food, typing, etc. My actions had a musical

fluidity to them, and I took the opportunity to type the intro and last 4 overview memos on resiliencing, finishing, futuring and victoring. It's like I was hearing music and it was coming out on the keyboard as conceptual concatenations—really exhilarating! I had no idea music could be so inspiring. (I must really muso-up for the rest of the theory writing.) The built-up cognitive clutter that I had been experiencing before I became ill has gone, and it has been replaced with beautiful sounding melodies. This is wonderful and very relieving.

Today, I went to **Chapter 4: Results** and started to write up the theory from my analysis (*the sheet*) and memos. I copied and pasted my overview memos into Chapter 4, wrote the intro and tidied it up with footnotes and headings.

I have attached an extended copy of *the sheet* called **Safetifying from Interpersonal Violence—CGT Analysis Sheet** as Appendix D at this point so that the reader may review or study it in context, as I have now essentially completed my work in it, and will primarily use it from which to write up the theory. I have expanded several data bits in *the sheet* for full viewing as examples. As I work with each line, I expand each field in the line as necessary. Appendix D contains 13 pages and is numbered independently.

Date: Still 2 April 2020

As I continued writing the theory, I theoretically sampled from the following studies in the *theoretical sample*:

45. Gada, M. Y. (2018). *Ethnic violence and conflict: The dynamics of Ibn Khaldun's theory of asabiyyah (social feeling)*.
46. Besaw, C. (2018). *Altruistic Punishment Theory and Inter-Group Violence*.
47. Trédaniel, M., & Lee, P. K. (2018). Explaining the Chinese framing of the “terrorist” violence in Xinjiang: insights from securitization theory. *Nationalities Papers*, 46(1), 177-195.
48. Demeter, G., & Csaplár-Degovics, K. (2018). *A Study in the Theory and Practice of Destabilization: Violence and Strategies of Survival in Ottoman Macedonia (1903-1913)*. Isis Press.
49. Javakhishvili, N., & Jibladze, G. (2018). Analysis of Anti-Domestic Violence Policy Implementation in Georgia Using Contextual Interaction Theory (CIT). *Journal of Social Policy*, 47(2), 317-334.
50. Mir, A., & Moore, D. (2018). *Drones, Surveillance, and Violence: Theory and Evidence from a US Drone Program*.

Political and domestic violence theoretical sampling—52nd to 61st data items

Date: 3 April 2020

Six literature items were repeated—shown here and on other pages below as “Repeat”—in this theoretical sampling list to indicate date of re-use:

51. Pretorius, J. (2014). "Dubula ibhunu" (shoot the boer): A psycho-political analysis of farm attacks in South Africa. *Psychology in Society*, (47), 21-40. (Repeat.)
52. Đorić, M. (2018). On Violence and Nonviolence in Political Theory: Some Conceptual Dilemmas. *Serbian Political Thought No. 2/2018*, Year X, Vol. 18. pp. 127-140.
53. Scheff, T., Daniel, G. R., & Sterphone, J. (2018). Shame and a theory of war and violence. *Aggression and violent behavior*, 39, 109-115.
54. Haselschwerdt, M. (2013). *Managing secrecy and disclosure of domestic violence in affluent communities: A grounded theory ethnography*. (Repeat.)
55. Pérez-Tarrés, A., Cantera Espinosa, L. M., & Pereira da Silva, J. (2018). Health and self-care of professionals working against gender-based violence: an analysis based on the grounded theory. *Salud mental*, 41(5), 213-227. (Repeat.)
56. Kirlew, M. Y. (2012). *From the Conflict of Domestic Violence to the Pursuit of Intra-psychic Reconciliation: A Blended Theory (Grounded, Heuristic and Structures of Blessing) Probe of Spirituality and Religious Based Coping Strategies; in the Context of Domestic Violence as Experienced by First Nations Women in Sioux Lookout Zone*. (Repeat.)
57. Babu, D. (2019). *Gender Based Violence in India: An Analysis of National Level Data for Theory, Research and Prevention*.
58. Ruble, A. (2018). *Transforming Domestic Violence in Rural Uganda: Using Conflict Transformation Theory to Devise Comprehensive Intervention Strategies*.
59. Mancera, B. M., Mungal, A. S., De Santis, J., & Provencio-Vasquez, E. (2018). Reflections of men of Mexican origin: A grounded theory study of intimate partner violence risk factors. *American journal of men's health*, 12(5), 1784-1798.
60. Ryan, J., Esau, M. V., & Roman, N. V. (2018). Legislative response to family violence in South Africa: A family centered perspective. *Aggression and violent behavior*, 42, 1-8.

Theoretical saturation has been reached for *politics* as a sub-condition of *the elite* in *endangering*, as no new conceptual elaboration is being achieved, only conceptual duplication (cf. Glaser & Holton, 2004, p. 8).

Female genital mutilation theoretical sampling—62nd data item

Date: 4 April 2020

61. Egbodo, O. C., Akunaeziri, U. A., Edugbe, A. E., Shambe, H. I., Kahansim, M. L., & Ocheke, A. N. (2018). Female genital mutilation: opinion of outpatients of a department of obstetrics and gynaecology in north central Nigeria. *Jos Journal of Medicine*, 12(2), 48-60.

Intervention theoretical sampling—63rd to 75th data items

Date: 5 April 2020

62. Baldasare, A. (2012). *Gender-based violence: Focus on Africa*. SAI-From Vision to Results.
63. Ward, C., van der Merwe, A., Dawes, A. (2012). *Youth violence: sources and solutions in South Africa*. Reading. University of Cape Town.
64. Barton-Crosby, J. L. (2018). *Situational action theory and intimate partner violence: an exploration of morality as the underlying mechanism in the explanation of violent crime* (Doctoral dissertation, University of Cambridge).
65. Eisenbruch, M. (2018). Violence against women in Cambodia: towards a culturally responsive theory of change. *Culture, medicine, and psychiatry*, 42(2), 350-370.
66. Mason, G. E., & Satchell, N. (2016). *Interpersonal violence in the Caribbean: Etiology, prevalence, and impact*. In Caribbean psychology: Indigenous contributions to a global discipline. (pp. 205–232). Washington, DC: American Psychological Association.
67. Xia, Y., Li, S., & Liu, T. H. (2018). The interrelationship between family violence, adolescent violence, and adolescent violent victimization: An application and extension of the cultural spillover theory in China. *International journal of environmental research and public health*, 15(2), 371.
68. Friesen, A. E. (2018). *Empowering Survivors of Interpersonal Violence through a Holistic Empowerment Leadership Program*. Trevecca Nazarene University.
69. Hodge, C. R. (2016). *Is anyone listening? examining students' perceptions of and experiences with interpersonal violence on college and university campuses: An application of social learning and routine activity theories* (Order No. 10193338). Available from ProQuest Dissertations & Theses Global. (1879793385).
70. Rayment-McHugh, S. (2018). *Developing and Investigating a Theory of Endemic Sexual Violence and Abuse*.
71. Daruwalla, N., Jaswal, S., Fernandes, P., Pinto, P., Hate, K., Ambavkar, G., ... & Osrin, D. (2019). A theory of change for community interventions to prevent domestic violence against women and girls in Mumbai, India. *Wellcome Open Research*, 4.
72. Warren, J. I., Leviton, A. C. R., Reed, J., Saathoff, G. B., Patterson, T. D., Richards, L. A., & Fancher, A. D. (2018). Operationalizing theory: A moral-situational action model for extremist violence. *Journal of Threat Assessment and Management*, 5(4), 205.
73. Childress, S., Gioia, D., & Campbell, J. C. (2018). Women's strategies for coping with the impacts of domestic violence in Kyrgyzstan: A grounded theory study. *Social work in health care*, 57(3), 164-189.

74. Gumani, A. M. (2012). *A grounded theory of critical incidents impact management among SAPS officers in the Vhembe District, Limpopo Province*. (Doctoral dissertation.)

Enforcement theoretical sampling—76th and 77th data items

Date: 6 April 2020

75. Miller, S. L., & Becker, P. (2019). Are We Comparing Apples and Oranges? Exploring Trauma Experienced by Victims of Interpersonal Violence and Abuse and by Court-Involved Women Who Have Used Force in Relationships. *Journal of Interpersonal Violence*.
76. Lysova, A., & Straus, M. A. (2019). Intimate partner violence: a multinational test of cultural spillover theory. *Journal of interpersonal violence*, 0886260519839421.

Enforcement as a category has been fairly saturated conceptually with numerous multi-source corroborative instances, a sufficiently exhaustive treatment for this part of the main concern development (*endangering*) and how it sets itself up for resolution by the core (*safetifying*).

Human value theoretical sampling—78th data item

Date: 7 April 2020

77. Van der Merwe, P. (2013). Adolescent Violence: the risks and benefits of electronic media technology. *Procedia-Social and Behavioral Sciences*, 82, 87-93.

Viable target theoretical sampling—79th and 80th data item

Date: 8 April 2020

78. Kalkavan, K. C. (2018). *Critique of just war theory: revision of traditional dichotomy & its implications for justified violence*.
79. Lien, M. I., & Lorentzen, J. (2019). *Men's Experiences of Violence in Intimate Relationships*. Springer.

Socialisation theoretical sampling—81st to 83rd data items

Date: 9 April 2020

80. Baker-Henningham, H. (2018). *The Irie Classroom Toolbox: developing a violence prevention, preschool teacher training program using evidence, theory, and practice*. *Annals of the New York Academy of Sciences*, 1419(1), 179-200.

81. Boafo, I. M., Dagbanu, E. A., & Asante, K. O. (2014). Dating violence and self-efficacy for delayed sex among adolescents in Cape Town, South Africa. *African journal of reproductive health*, 18(2), 46-57.
82. Norman, R., Schneider, M., Bradshaw, D., Jewkes, R., Abrahams, N., Matzopoulos, R., & Vos, T. (2010). Interpersonal violence: an important risk factor for disease and injury in South Africa. *Population Health Metrics*, 8(1), 32.

Conceptual saturation has now been reached on *socialisation* as a structural sub-condition of *the people* in *endangering*, as the same indicators are cropping up wherever theoretical sampling is done, and there seems to be solid conceptual elaboration.

Endangerment theoretical sampling—84th to 87th data items

Date: 11 April 2020

83. Gould, Chandre & Mufamadi, Diketso & Amisi, Matodzi & Dartnall, Elizabeth & Moruane, Sinah & Abdoll, Carmen & Naicker, Sara & Mayet, Yusuf & Frost, Katharine & Moeketsi, Joan & Reszant, Blanche & Mabunda, Annah & Kader, Zainab & Lewaks, Andre & Edelstein, Ian & Shai, Nwabisa & Connors, Judy. (2019). *What will it take to prevent interpersonal violence in South Africa?* 10.13140/RG.2.2.11970.43209.
84. Romito, P., Turan, J. M., & De Marchi, M. (2005). The impact of current and past interpersonal violence on women's mental health. *Social science & medicine*, 60(8), 1717-1727. (Repeat.)

When it came to writing up *Endangerment*, the theoretical sample had no substantial information, so I searched Google Scholar and obtained several scholarly (quality-standard compliant) articles from which to theoretically sample. Those sources in Chapter 4 are added to the current listing of theoretically sampled items for the sake of record in this method section:

85. Duff, R. A. (2004). *Criminalizing endangerment*. La. L. Rev., 65, 941.
86. Gloor, D. & Meier, H. (2012). *Assessing the severity of domestic violence: Sociological background report*.

Harm risk factor theoretical sampling—88th to 90th data items

Date: 12 April 2020

87. Privitera, M., Weisman, R., Cerulli, C., Tu, X., & Groman, A. (2005). Violence toward mental health staff and safety in the work environment. *Occupational Medicine*, 55(6), 480-486.

88. Emery, R. E., & Laumann-Billings, L. (1998). An overview of the nature, causes, and consequences of abusive family relationships: Toward differentiating maltreatment and violence. *American Psychologist*, 53(2), 121.

Endangerment in the theory writing brought me to the harm risk factors of each of the violence types delineated in the outline which emerged from the data:

Table 18—Endangering coding, condition, aspect, and consequence outline

MAIN CONCERN		Endangering with interpersonal violence through Contingent Contextual Conditioning socio-structural process (cf. Glaser, 1998)		
<u>Precipitants</u>		<u>Condition 1 (tools)</u>	<u>Condition 2 (subconditions)</u>	<u>Consequence</u>
		The Elite**	The People*	Endangerment
Process 2	Process 1	Politics	Socialisation	Organised crime
	Aspect 1	Inferiority projection	Cultural norms	Assault / Rape
	Aspect 2	Legislation	Alcohol use	Domestic violence
	Aspect 3	Enforcement	Patriarchising	Farm attack
	Aspect 4	Town Planning	Poverty	Shooting/Stabbing
	Aspect 5	amplifying mutual / reciprocal looping		
		conjunctural	causal	frequenting

**independent/mediating variables/factors

*moderating variables/factors

dependent
variable/
factor

cutting point

For this I had to again go to the literature outside of the theoretical sample and other reviewed items. I thus searched and selected 10 or more studies from Google Scholar for the risk factors associated with organised crime, assault, domestic violence, farm attacks, rape, shootings, and stabbings. I have ensured as far as possible that these items comply with the basic quality criteria of peer-review, ethicality, objectiveness, and originality. They will be added where necessary to those items theoretically sampled for this study. Several long sentence sections unreferenced to the original source and plagiarised straight out of a peer-reviewed article (Stark & Flitcraft, 1988) were accidentally found during a source search in one of the studies supplemented for use in this study, which does not necessarily reduce that study's quality, but it does speak to the integrity and potential reliability of the contents of that study. It has been earmarked to use with caution, but for obvious reasons will not be disclosed here. This was found to be quite disconcerting when one makes stringent effort not to steal others' ideas or words. I continued theoretically sampling quality sources.

89. Gallagher, M. (2016). 'Criminalised' Islamic state veterans – a future major threat in organised crime development? *Perspectives on Terrorism*, 10(5), 51-67.

Danger social factor theoretical sampling—91st to 97th data items

Date: 13 April 2020

90. Miraglia, P., Ochoa, R., & Briscoe, I. (2012). *Transnational organised crime and fragile states*.
91. Kraus, J. F., Blander, B., & McArthur, D. L. (1995). Incidence, risk factors and prevention strategies for work-related assault injuries: a review of what is known, what needs to be known, and countermeasures for intervention. *Annual Review of Public Health*, 16(1), 355-379.
92. Drawve, G., & Barnum, J. D. (2018). Place-based risk factors for aggravated assault across police divisions in Little Rock, Arkansas. *Journal of crime and justice*, 41(2), 173-192.
93. Islam, S. S., Edla, S. R., Mujuru, P., Doyle, E. J., & Ducatman, A. M. (2003). Risk factors for physical assault: State-managed workers' compensation experience. *American journal of preventive medicine*, 25(1), 31-37.
94. Nolen-Hoeksema, S. (2004). Gender differences in risk factors and consequences for alcohol use and problems. *Clinical psychology review*, 24(8), 981-1010.
95. Teece, M., & Williams, P. G. (2000). *Alcohol-related assault: time and place*. Canberra: Australian Institute of Criminology.
96. Johnson, J. A., Lutz, V. L., & Websdale, N. (1999). Death by Intimacy: Risk Factors for Domestic Violence. *Pace L. Rev.*, 20, 263.

Sufficient conceptual coverage and saturation has been attained on *alcohol use* as a structural factor in its influence on *endangerment/violence*.

Violence risk factor theoretical sampling—98th to 104th data items

Date: 14 April 2020

97. Campbell, J. C., Webster, D., Koziol-McLain, J., Block, C., Campbell, D., Curry, M. A., ... & Sharps, P. (2003). Risk factors for femicide in abusive relationships: Results from a multisite case control study. *American journal of public health*, 93(7), 1089-1097.
98. Taylor-Browne, J. (2005). What Works in Reducing Domestic Violence: A comprehensive guide for professionals. *Australian Social Work*, 58(1), 105.
99. Andersson, N., Ho-Foster, A., Mitchell, S., Scheepers, E., & Goldstein, S. (2007). Risk factors for domestic physical violence: national cross-sectional household surveys in eight southern African countries. *BMC women's health*, 7(1), 11.
100. Van Wijk, N. P. L., & De Bruijn, J. G. M. (2012). Risk factors for domestic violence in Curacao. *Journal of Interpersonal Violence*, 27(15), 3032-3053.
101. Cattaneo, L. B., & Goodman, L. A. (2005). Risk factors for reabuse in intimate partner violence: A cross-disciplinary critical review. *Trauma, Violence, & Abuse*, 6(2), 141-175.

102. Martin, E. K., Taft, C. T., & Resick, P. A. (2007). A review of marital rape. *Aggression and Violent Behavior*, 12(3), 329-347.
103. Pearce, B. (2016). *Cultivating Contention: An Historical Inquiry into Agrarian Reform, Rural Oppression and Farm Attacks in the Midlands of KwaZulu-Natal, South Africa*.

Farm attack theoretical sampling—105th to 113th data items

Date: 15 April 2020

104. Davids, A. J. (2004). *Crime in the rural district of Stellenbosch: a case study* (Master's dissertation, Stellenbosch: University of Stellenbosch).
105. Hornschuh, V. (2008). *A victimological investigation of farm attacks with specific reference to farmers' perceptions of their susceptibility, the consequences of attacks for farmers and the coping strategies applied by them after victimisation* (Master's dissertation, University of Pretoria).
106. Dhlamini, J., & Dissel, A. (2005). *Safety and Security in the Rural Parts of Ekurhuleni Metropolitan Area*. Research report written for the Centre for the Study of Violence and Reconciliation.
107. Söchting, I., Fairbrother, N., & Koch, W. J. (2004). Sexual assault of women: Prevention efforts and risk factors. *Violence against women*, 10(1), 73-93.
108. Murray, J. M. (2007). *Situational factors in rape*. Unpublished PhD thesis, Griffith University, Queensland.
109. Testa, M., & Livingston, J. A. (2009). Alcohol consumption and women's vulnerability to sexual victimization: Can reducing women's drinking prevent rape? *Substance Use & Misuse*, 44(9-10), 1349-1376.
110. Muehlenhard, C. L. (1988). Misinterpreted dating behaviors and the risk of date rape. *Journal of Social and Clinical Psychology*, 6(1), 20-37.
111. Jewkes, R., Nduna, M., Shai, N. J., & Dunkle, K. (2012). Prospective study of rape perpetration by young South African men: incidence & risk factors. *PloS one*, 7(5).
112. Loh, C., Gidycz, C. A., Lobo, T. R., & Luthra, R. (2005). A prospective analysis of sexual assault perpetration: Risk factors related to perpetrator characteristics. *Journal of Interpersonal Violence*, 20(10), 1325-1348.

Safetifying divides into before, during, and after—114th to 121st data items

Date: 16 April 2020

113. White, M. D. (2002). Identifying situational predictors of police shootings using multivariate analysis. *Policing: an international journal of police strategies & management*.
114. Geoffroy, P. A., & Amad, A. (2016). Seasonal influence on mass shootings. *American journal of public health*, 106(5), e15.

115. Clements, P. T., DeRanieri, J. T., Clark, K., Manno, M. S., & Kuhn, D. W. (2005). Workplace violence and corporate policy for health care settings. *Nursing Economics*, 23(3), 119-124.
116. Rodriguez, M. (2019). *Workplace Violence in Health Care: Prevention Strategies For the Occupational Health Nurse*.
117. Tippins Sr, S. (2013). *Psychological and Biological Early Risk Factors of Violence*. ICJE, P.O. Box 293, Montgomery, AL.
118. Bojčić, K. (2019). *The link between video game violence and real life violence*. <https://www.violence-lab.eu/news/the-link-between-video-game-violence-and-real-life-violence/>
119. Kelen, G. D., Catlett, C. L., Kubit, J. G., & Hsieh, Y. H. (2012). Hospital-based shootings in the United States: 2000 to 2011. *Annals of emergency medicine*, 60(6), 790-798.
120. Bearinger, L. H., Pettingell, S., Resnick, M. D., Skay, C. L., Potthoff, S. J., & Eichhorn, J. (2005). Violence perpetration among urban American Indian youth: Can protection offset risk? *Archives of Pediatrics & Adolescent Medicine*, 159(3), 270-277.

Date: 17 April 2020

The theoretical sampling above for *endangering* ended as conceptual saturation was reached. I wrote the summative paragraph which was encapsulative statements on *endangering* and *safetifying* (Chapter 4). It forced me to intensely analyse the emergent theoretical outline which I first let cook for the rest of the day. It is pointed out that the process of writing theoretical memos is not simply to concatenate open codes leading to low level concepts, but an abstract conceptualised integration of the substantive generalities.

Date: 18 April 2020

The result of the analysis led to conceptualisation (rearranging of categories and properties) of *safetifying* as clearly occurring *before*, *during*, and *after* interpersonal violence. Up till now the *before* was only tentative. Now *awarenessing* from the *during* phase and *setting up* and *evaluating* from the *attacking* phase have been brought under a new first phase of *safetifying before* interpersonal violence through *critical assessive dedangering*. The second phase (*during*) is *spontaneous extricative functioning* and the third (*after*) is *abiding self-transformative progressing*. The previous *attacking* phase is being absorbed into the first two phases, and *aftermathing* and *mopping up* into the third. These three phases now represent the overall process of *safetifying* from interpersonal violence through *Phasic Protective Sequencing*.

Overcoming theoretical sampling—122nd to 124th data items

Date: 21 April 2020

121. Jamieson, L., Taylor, P. J., & Gibson, B. (2006). From pathological dependence to healthy independence: An emergent grounded theory of facilitating independent living. *The Grounded Theory Review*, 6(1), 79-108.
122. Alborzi, S., Khayyer, M., Johnston, T. L. (2008). Overcoming Obstacles: Opportunities of academically talented women in Iran. *The Grounded Theory Review*, vol.7, no.1.
123. Day, K. W. (2009). Violence survivors with posttraumatic stress disorder: Treatment by integrating existential and narrative therapies. *Adultspan Journal*, 8(2), 81-91. (Repeat.)

Metatheory 1st draft completed—125th to 136th data items

Date: 22 April 2020

124. Potts, M. A. (2011). *Changing Poison into Medicine Through Social Processes of "Finding Pathways Out": The Rwandan Construction of a New Destiny in the Aftermath of the 1994 Genocide* (Doctoral dissertation, Case Western Reserve University).
125. Clancy, A. (2010). Theories in Progress Series: Perpetual Identity Constructing. *The Grounded Theory Review*, vol.9, no2.

Date: 22 April 2020

126. Ekins, R. (2011). The Rediscovery and Resurrection of Bunk Johnson--a Grounded Theory Approach: A case study in jazz historiography. *Grounded Theory Review*, 10(3).

Date: 25 April 2020

I started concentrating on using, where relevant, other classic grounded theories of peer-reviewed standard, namely, most of them from *The Grounded Theory Review Journal*.

127. Brolin, R., Brunt, D., Rask, M., Syrén, S., & Sandgren, A. (2016). Mastering everyday life in ordinary housing for people with psychiatric disabilities. *The Grounded Theory Review*, 15(1), 10-25.
128. Glaser, B. G. (1978). *Theoretical sensitivity*. Mill Valley, CA: Sociology Press.
129. Moe, C. F., & Brinchmann, B. S. (2016). Optimising Capacity - A Service User and Care-giver Perspective on Reablement. *The Grounded Theory Review*, Volume 15, Issue 2.

Date: 26 April 2020

130. Sandén, U., Harrysson, L., & Thulesius, H. (2015). Momentary contentment, a modern version of an old survival culture. *Grounded Theory Review*, 14(2), 74-85.
131. Shklarov, S. (2009). Grounding the Translation: Intertwining analysis and translation in cross-language grounded theory research. *The Grounded Theory Review*, vol.8, no.1.
132. Flenady, T., Dwyer, T., & Applegarth, J. (2016). Rationalising transgression: a grounded theory explaining how emergency department registered nurses rationalise erroneous behaviour. *Grounded Theory Review*, 15(2).
133. Aström, T. (2006). Moral Positioning: A formal theory. *The Grounded Theory Review: An international journal*, 6(1), 29-59.
134. Lysek, M. (2016). Collective inclusioning: a grounded theory of a bottom-up approach to innovation and leading. *The Grounded Theory Review*, 15(1), 26-44.
135. Barton-Caro, V. (2015). Embodied Revelation: A Classic Grounded Theory of Heart Failure Patient Decision Making Surrounding Primary Prevention Implantable Cardioverter Defibrillator Therapy. *Grounded Theory Review*, 14(2).

I finished writing the 1st draft of the theory, in Chapter 4 below, this evening.

Date: 27 April 2020

I started reworking the 1st draft of the theory—*before*, *during*, and *after*, excluding *endangering*—interpolating outlines for ease of reference and theoretically sampling, here and there, where gaps were apparent. I cried again as I read and edited the dimension *enduring pain* under *resiliencing*.

Date: 28 April - 1 May 2020

I worked though many codes still left over in *the sheet* under the original sub-cores of *attacking*, *aftermathing*, and *mopping up*, writing them up into dated memos (see below in Chapter 4) and interpolating them at appropriate points into the theory.

1st rework of the 1st draft completed

Date: 2 May 2020

This evening I wrote the last memo from the data in *the sheet* as a part of the theory below (Chapter 4). *The sheet* ends at code number 0812 on line 801 meaning that there are 801 codes in *the sheet*. The numbering discrepancy

comes in due to some adjustments in numbering throughout the analysis, but this does not affect the accuracy of the theory referencing system as the code/memo numbers are nominal not ordinal as previously indicated.

That concludes the 1st rework of the 1st draft. I will now start on the 2nd rework.

Date: 3 May 2020

Before I did, I reviewed the entire sheet and integrated a further 25 or so memos—some only short phrases—into the draft which I had previously skipped due to uncertain fit location, but now was able to determine it.

I then started from the beginning of Chapter 4 for the 2nd complete re-read and rework.

Technical note: Writing in Google Docs is quite trying as there are many freezes for which I have to restart my MacBook Air laptop. This is problematic in Google Docs as a Google Search will show; also the only way to download this now large document as a pdf from Google Docs is to try to do so in incognito mode. I discovered through trial and error that as it freezes for over 3 seconds a Ctrl-Shift-4 will sometimes release it. Editing has become slow. But downloading to MS Word and working in Word on a Windows environment reconfigures the document too much, so I am persisting online in Google Docs. (I eventually had to convert to Word.)

Date: 4 - 6 May 2020

I finished reworking endangering and continued with safetifying before violence—before an attack.

Date: 7 - 11 May 2020

I received feedback from my supervisor, Dr. Gumani, on the first draft of this dissertation. I made the recommended adjustments including elaborating the research problem, ethical considerations, and literature assessment, expanding the definition list, designating or writing introductions and conclusions, reformatting a lengthy/wordy paragraph to a bulleted list, and adding sections

on **The use of critical realism in qualitative studies and its link to classic grounded theory, Historical Background of Interpersonal Violence, Global and South African Legal Framework for Interpersonal Violence, and Description of Research Topic**, some of which I had prepared separately but not yet introduced.

Date: 12 May 2020

Working as I did the past 5 days on the dissertation background matter kept me away from the data. It gave me time to ruminate about the phases, categories, properties, and theoretical integration of the emergent and emerging theory. I continued the 2nd rework on *safetifying during violence* in Chapter 4. I am bothered by the conflictual dimension names of the stages (moments) under a few of the category heads, e.g. *Allowing perpetrator* is the point at which the victim essentially monitors the attacker to assess a way of extrication (escape), but it is named as “allowing” because of the preponderance of victims not having much of a way out at that point. But allowing is not and cannot really be seen as the victim’s actual choice of action; it rather depicts what is passively happening to her. In that *allowing* stage she is also (now I’m going to the data under that section in Chapter 4 to see what she is actively doing)... *pacing* herself. I’m changing *allowing perpetrator/attacker* dimension to *pacing*. Former *Allowing perpetrator* was reconceptualised as *Gauging*; *Tolerating perpetrator* as *Sidestepping*—later taking over a sub-property name *Tacticking*; and *Stopping perpetrator* as *Stopping attacker* or simply as *Stopping*.

Tolerating confusion—137th and 138th data items

Date: 13 May 2020

Today I am feeling somewhat confused now with the *during violence* dimension names and the distinctions between the indicators for each. I take courage from Glaser (1999, p. 4) though: “The grounded theory researcher must have three important characteristics: an ability to conceptualize data, an ability to tolerate some confusion, and an ability to tolerate confusion’s attendant regression. These attributes are necessary because they enable the researcher to wait for the conceptual sense making to emerge from the data.” It seems I might need to view the indicators on a continuum of severity and reallocate according to a

slightly overhauled dimension nomenclature. Naturally, I do not want things to be too disruptive, but the data (indicators) deserve to have the most conceptually appropriate, even **accurate** names, thus ensuring a close tie-in to the substance of the data. Although Glaser (2007a, p. 10) insists “Fit and work and relevance is the goal of GT to strive for, not accuracy”, he does elsewhere indicate that accuracy is important (Glaser & Strauss, 1967). Only then will I be happy to advance with their further theoretical elaboration and integration. As the *during* phase is closely linked with efforts people can and do take to *safetify* although not necessarily all the time, I sense the need to theoretically sample from two important works which I have discovered throughout my journey in this study so far. I have listened to them as audio books, but only after I had essentially written the first outline of this theory with its core and main variables/factors so as not to unduly influence my findings. But I believe that now is the right time to examine and perhaps selectively code from them. I think they may help me with improving indicator grouping and dimension conceptual clarity. I assess that they sufficiently comply with the—what I am now referring to as “the ROPE requirements” of evaluating academic literature quality—Relevance, Objectivity, Peer-review, and Ethicality. These two publications are popular books, but I view them as “scientific books”—a criterion provided above for literature inclusion in this study—as they are carefully and systematically written by researched and experienced authors, and in the sense that they have had multiple inputs or reviews by other qualified people, they are sufficiently peer reviewed. They are highly relevant, and objective by often positing instead of pontificating, and ethical in stated confidentiality and transparency statements. I have already referred to these two publications in the Definitions section above, but now these two items become the next numbered literature items utilised as data in this study:

136. Miller, R. (2011). *Facing Violence: Preparing for the Unexpected*. YMAA Publication Center, Inc. Kindle Edition.
137. De Becker, G. (1997). *The gift of fear: survival signals that protect us from violence*. Boston: Little, Brown.

I started with Miller (2011) and found that his insights rounded out some of the *before violence* phase quite impressively, adding to clarity and focus.

Date: 14 May 2020

I lost today completely to work—earning a living as a business consultant/accountant—and worry—personal, but it has to do with my struggle with isolation (lockdown), vicarious traumatisation (study content), and revictimisation (invasion of privacy), but for confidentiality reasons I cannot say more. I still felt unsure of the category names of the *during violence* phase, but then decided that they do really represent “what is going on” (Glaser, 2007a, p. 1) in the data, and if victims actually do take abuse more than they resist it then the category should be called *taking abuse* although it is not a prescription—obviously—but almost a *technique* for *pacing* and *getting out of* the situation.

Freezing theoretical sampling—139th data item

Date: 15 May 2020

Of course Miller’s (2011) writing is based on intensive and extensive personal experience as can be seen by reading it. Toby Cower, “Former Royal Marine, Military Security / Counter-Terrorism Specialist, Arctic Survival Expert, International Wilderness / Urban Survival Instructor, [and] Operational Safety Specialist” writes of Miller’s (2011, p. 205) book: “If you are serious about learning how to survive modern day violence, this book will provide you with the definitive guide of the things you need to know about how violent confrontations actually occur and what to do about it.” It is, in a sense, a very practical book about how to *safetify* yourself from violence. (Of course he does not use the word *safetify*.) As such it is not only the synoptic experience of one person, but that of the very many people with whom he has interacted over many years in many different circumstances. It will be noted while reading the theory in Chapter 4 below that certain concepts included from Miller (2011) coincide almost identically with concepts already established in this study and that others elucidate or add, especially practical ways that people *safetify*. So the use of any of Miller’s insights must not be seen as willy-nilly application of prescriptive or speculative information, because his information certainly does not fall into those categories as perhaps some might like to pigeonhole so-called “How-to” manuals. Miller (2011), as stated, appears to be based on real-life experiential data, and so it is treated as such. But it is engaged and selectively

As I was reworking the introductory paragraph on *Awarenessing* for Phase 2 (Chapter 4), I realised that it functions not only through-out an attack at different moments and points as illustrated in the above table, but on three different levels: overall; in *resiliencing*; and during *finishing*, *futuring*, and *victoring*. This theoretically portrays an intricately interwoven and integrative *intra-Phasic Protective Sequencing*.

I will now be doing a lot of theoretical sampling from the *theoretical sample* and further afield as dictated by the emerging theory, as I continue with the 2nd reworking of the theory in Chapter 4 below. Accordingly, there will be entries such as the following without explanation necessarily, especially if the title hints at the concepts being elaborated, hypothetically integrated, and saturated. The reason for this is to allow me to pick up sufficient momentum for thorough reworking without undue breaks in idea flow from over-meticulous method explication:

139. Ferraro, K. F. (1996). Women's fear of victimization: Shadow of sexual assault? *Social forces*, 75(2), 667-690.

I changed *Receiving violence* to *Enduring* and *Enduring pain* to *Tolerating* under *Resiliencing*—Phase 2. On theoretical sampling momentum, Glaser and Strauss (1967, p. 76) state: “Theoretical sampling, then, by providing constant direction to research, gives...momentum, purpose and confidence... theoretical sampling, as an active, purposeful, searching way of collecting data, is exciting, invigorating and vital.”

Dreaming about misfits—141st data item

Date: 17 May 2020

Last night I dreamt I was in a motel (?) room, and I went outside to try to lower an awning of sorts to secure the front windows, but the only items that came down were a type of light on either side in front of the adjoining neighbours. I hastily went inside and closed the door which swung past its frame. The lock of the door was in its frame which was removed from the door's edge, and when I tried to lock the door the lockbolt came out of the frame in the wall. Each time I turned the key in the door back and forth the bolt came out and went in again

but was far from the door. (I often dream about being in a house with many unsecured doors and windows.) This time I relate the non-aligning counter-functioning security items to my sense of insecurity in grappling with the “misfitting” dimension names and their reformulation (Glaser & Strauss, 1967, p. 76) which by the end of today I had mostly worked out.

140. Sigamoney, R. F. (2016). *The reasons that promote the resilience of a Somali community residing in Fordsburg/Mayfair, Johannesburg* (Master's dissertation).

As I was now working with intricate property development and integration within the theory, I started documenting the theory development explanations in footnotes to the theory in Chapter 4 below. Rather than detracting from the present chapter on Method, it enhances the understanding, development and flow of the theory presentation. Relevant method-related matters will still be documented here, merely less of those that are closely connected with articulating the conceptually emerging theory (Glaser & Holton, 2004).

Date: 18 May 2020

Couldn't sleep properly, so got up at 02h20 and filled in my firearm renewal application—was in two minds about renewing, but then decided to—then continued writing in Chapter 4. As I read my closing paragraph of Phase 2 theory explication in Chapter 4—“Through *awarenessing* and *resiliencing* she found a way of *finishing* by using *futuring* and *victoring*. She *safetified* herself.”—I said out loud “Whew! It's beautiful! The story ends so well. She made it!”

That concluded the 2nd rework of Phase 2. I will now do the 2nd rework of Phase 3, although I am in two minds about either that or going back and reworking the first two phases again, but I think not. I should rather let it “cook and mature” (Glaser & Holton, 2004). Under their section “*Pacing*”, Glaser and Holton (2004, no page number) state: “Generating GT takes time. It is above all a delayed action phenomenon. Little increments of coding, analyzing and collecting data cook and mature and then blossom later into theoretical memos. Significant theoretical realizations come with growth and maturity in the data, and much of this is outside the analyst's awareness until preconscious processing becomes conscious.”

2nd rework of the draft theory completed—142nd to 144th data items

Date: Wednesday, 20 May 2020

Yesterday, I started reworking Phase 3 and almost completed the 2nd rework of *Awarenessing* with its 7 steps (dimensions/properties). I emphasise 2nd rework because conceptual saturation is uneven among the dimensions, and I am aware that I will be going over them time and again, elaborating, elucidation, balancing, integrating, etc. Phase 3 is the most psychological of all the *safetifying* phases and as such has great potential to help the users of the theory get a handle on, understand, and apply it in everyday situations (cf. Glaser & Strauss, 1967) to help them achieve mental—and physical—*safety* from the effects of violence, to build on the experience and to live even better and more fulfilling lives than before. Now, more than ever, it is really feeling like I am writing 4 grounded theories in one, as *Endangering* (main concern) and the 3 phases of violence—*before*, *during*, and *after*—have their own main processes and dimensions (sub-processes). No matter how one may wish to condense, solidify, delimit, or remove irrelevant properties (Glaser & Holton, 2004), elimination of any of the existing already-delimited dimensions would be like lopping off a crucial branch of a tree, making it lopsided, and injuring the whole theory. This is not to say that I am not open to reformulation or even truncation if emergently necessary from the data as I proceed with theoretical sampling, but that I am pretty confident and sold on the current dimensions as they stand. There seems to only require further theoretical expansion (elaboration), delineation, and integration (Glaser & Holton, 2004).

So what I am saying is that Phase 2 or 3, for example, could have been quite adequate as a grounded theory to be treated in a project such as this, but it is not only what the data indicated. To have as complete a picture as possible even within the limited parameters of a master's dissertation, requires that the researcher be faithful to the theoretical emergence from the data, and so I shall do my best to cover all that has come to me in this endeavour, which as stated, are essentially 4 related grounded theories. They do, however, work in tandem through *Phasic Protective Sequencing* and, as such, need to be shown to be integrated in that manner, which, of course, is also what I am attempting to do.

Yesterday, I felt very low emotionally, struggling alone with a commercial predator's harassments to relinquish my apartment so he can buy it cheaply and make a huge profit. No, I'm not imagining this. I have written and other documented proof of his intentions and attempts. This is a dog eat dog world, and some people are merciless and have absolutely no scruples. If you are unfortunate enough to land up with such a person targeting you, you will find comfort, guidance, and solace in *safetifying during violence*—in this case psychological and emotional violence. I noted how that contemplating and taking direction especially from the techniques of *resiliencing—modulating, tolerating, and enduring, and finishing—gauging, tacticking, and stopping, as well as futuring—capacitating and expecting*, gave me a sense of courage and comfort. This is helping me to see and personally experience the practical application potential of the theory to real life situations which is encouraging. Not only does it fit the data, but it seems to fit and “work” in real life. Of course I can also see it fitting the physical violence I have received in the past and heard of others receiving (cf. Glaser & Strauss, 1967).

141. Shittu, A. B. (2014). The Qur'anic worldview: A springboard for cultural reform. By AbdulHamid AbuSulayman. *Intellectual Discourse*, 22(2).
142. Epley, N., Converse, B. A., Delbosch, A., Monteleone, G. A., & Cacioppo, J. T. (2009). Believers' estimates of God's beliefs are more egocentric than estimates of other people's beliefs. *Proceedings of the National Academy of Sciences*, 106(51), 21533-21538.
143. Dass, R. (2011). *Be Love Now: The Path of the Heart*. Random House.

I am at *Selfloving*, still doing the 2nd reworking of the theory explication, and I am taking stock of the volume of work. The entire theory has 4 main structural or social psychological processes (grounded theories) including one main concern process and 3 resolutive processes, 16 sub-processes (main categories), and 74 dimensions (properties). Elaboration and integration of so many concepts is an enormous task, and I anticipate criticism especially from the formal classic grounded theory clique who push parsimony and delimitation. But I think they are wrong. Some classic grounded theories that you read these days, you don't know if the theory is actually grounded or thumb-sucked, because much of the elaboration and integration is just stated without references to data or the literature. And even some who have liaised with top classic grounded theorists still produce theories of questionable quality. (As these are personal observations and not academic *per se*, and to save

unnecessary conflict and possible embarrassment, I shall refrain from citing any specific references at this point, but they do exist, as anyone familiar with such literature will know. Maybe the gurus will even classify the present theory as such—you never know—for it seems that unless you’ve paid your way through a seminar or mentorship and sound exactly like them in your writing you will invariably not be considered one of the club.) So in this instance I will rather stick with my 4 theories, and instead of delimiting for the sake of brevity and squashing into a dissertation’s expectancy, I’d rather indicate all of their data-grounded properties and at least perform an initial elaboration and integration upon which perhaps further research can build (Glaser & Strauss, 1967). This is not to say I am aiming at half a job or that the theory might be thin or incomplete (Glaser & Holton, 2004). I will do my best to provide a solid and condensed but well integrated and articulated theory (Glaser & Holton, 2004). I am simply expressing the apparent formidability of the present task from this vantage point. But I do like a challenge and, as I’ve already said, I am sold on this theory and I am totally enamoured with its emergent categories and properties. I also believe now more than ever that there is going to be a lot of potential in use of this theory to assist people positively. Now I will keep quiet and carry on reworking the theory.

Date: Thursday, 21 May 2020

Completed the 2nd rework of the draft theory in Chapter 4. Currently it stands at 80 pages in length. I must now go back to it and start to theoretically sample for conceptual elaboration where gaps exist and for hypothetical validation (Glaser & Strauss, 1967, p. 210). To make it stimulating and keep insight and serendipity maximised (Glaser & Holton, 2004), I’m going to try the following: Copy and paste a list of all 63 processes and dimensions still needing attention into a Google Sheet column—the 18-odd of *Endangering* have already been completed—randomise them and then work from the top doing each. Once each is done, I mark it off (with a slash) and go to the next one. Working through the list in this fashion, I think, will help to keep my curiosity and theoretical sensitivity up (Glaser & Strauss, 1967, p. 62).

This is what my list looks like:

Table 20—Randomised dimensions control list for elaboration

No. Dimension	No. Randomised	/	No. Dimension	No. Randomised	/	No. Dimension	No. Randomised	/
1 Achieving	12 Confidenting	/	22 Evaluating	62 Weighting	/	43 Perspectivising	39 Observing signs	/
2 Anticipating trouble	20 Disentangling	/	23 Expecting	37 Modulating	/	44 Positiving	48 Relinquishing	/
3 Apologising	55 Stopping attacker	/	24 Finishing	45 Preparing	/	45 Preparing	31 Healing	/
4 Asserting	17 Deciding for life	/	25 Forming	47 Reclaiming	/	46 Receiving help	56 Strengthening	/
5 Averting danger	2 Anticipating trouble	/	26 Futuring	25 Forming	/	47 Reclaiming	58 Tolerating pain	/
6 Awarenensing	63 Welcoming	/	27 Gauging	57 Tacktickng	/	48 Relinquishing	50 Resisting	/
7 Banishing	18 Decisiving	/	28 Goalsetting	51 Selfloving	/	49 Resiliencing	27 Gauging	/
8 Believing	33 Increasing	/	29 Grattituding	5 Averting danger	/	50 Resisting	11 Changing	/
9 Benefitting	1 Achieving	/	30 Growing	15 Contenting	/	51 Selfloving	59 Turning	/
10 Capacitating	9 Benefitting	/	31 Healing	49 Resiliencing	/	52 Selfsupporting	41 Organising	/
11 Changing	61 Victoring	/	32 Helping	43 Perspectivising	/	53 Setting up	32 Helping	/
12 Confidenting	52 Selfsupporting	/	33 Increasing	29 Grattituding	/	54 Shrewding	22 Evaluating	/
13 Connecting	35 Invasiving	/	34 Independenting	44 Positiving	/	55 Stopping attacker	46 Receiving help	/
14 Consciousing	60 Understanding	/	35 Invasiving	14 Consciousing	/	56 Strengthening	21 Enduring	/
15 Contenting	16 Contributing	/	36 Liberating	4 Asserting	/	57 Tacktickng	24 Finishing	/
16 Contributing	36 Liberating	/	37 Modulating	3 Apologising	/	58 Tolerating pain	42 Perceiving	/
17 Deciding for life	23 Expecting	/	38 Motivating	13 Connecting	/	59 Turning	38 Motivating	/
18 Decisiving	40 Optioning	/	39 Observing signs	34 Independenting	/	60 Understanding	8 Believing	/
19 Determinating	26 Futuring	/	40 Optioning	53 Setting up	/	61 Victoring	30 Growing	/
20 Disentangling	6 Awarenensing	/	41 Organising	19 Determinating	/	62 Weighting	7 Banishing	/
21 Enduring	28 Goalsetting	/	42 Perceiving	54 Shrewding	/	63 Welcoming	10 Capacitating	/

So I will start with the first one in the Randomised column: Confidenting.

Random dimension elaboration—145th to 149th data items

Date: Friday, 22 May 2020

144. Holton, J. (2007). Rehumanising knowledge work through fluctuating support networks: a grounded theory. *Grounded Theory Review*, 6(2), 23-46.
145. Ko, K. S., & Kim, M. S. (2015). Grounded Theory Approach on Post-Divorce Social Adjustment Experience of Female Victims of Domestic Violence. *Indian Journal of Science and Technology*, 8(18).
146. Tindleni, N. J. (1992). *The influence of violence on youth club activities*. University of South Africa, Pretoria.
147. Elizondo-Schmelkes, N. (2011). Authenticizing the Research Process. *Grounded Theory Review*, 10(2).
148. Gordon, E., Cutcliffe, J. R., & Stevenson, C. (2011). Re-vitalizing Worthiness: A theory of overcoming suicidality. *Grounded Theory Review*, 10(2), 21.

I completed *Confidenting* today utilising among others, the above 5 items which were theoretically sampled. It elaborated quite nicely, showing a dense subsumed verification (confirmation) of hypothetical connections already and

newly stated between concepts. I remembered that Glaser and Strauss (1967, p. 211) had said: “Verifying and accounting for facts by differences are subsumed in the process of generating theory.”

With a budgeted 35 days or so that I have before the next supervisor review, I shall have to pick up speed to doing at least 2 dimensions per day. So tomorrow I shall be doing *Disentangling* and *Stopping attacker*, and I shall have to work very smartly with identifying suitable theoretical sampling items.

Disentangling theoretical sampling—150th to 154th data items

Date: Saturday, 23 May 2020

Working on *Disentangling*. Almost nothing found on this concept apropos sorting out post-traumatic experiences. Mostly revolves around disentangling causal effects, etc. So this is quite a fresh and unexplored concept, it seems, in the world of trauma therapy, although it no doubt exists therein under other names, such as possibly, “analysis”, “working things out”, etc.

149. Davids, N. (2016). Does caring about those we teach make a difference to violence in schools? Implications for democratic citizenship in South Africa. *International Journal of Educational Studies*, 3(2), 55-63.
150. Wampold, B. E. (2015). How important are the common factors in psychotherapy? An update. *World Psychiatry*, 14(3), 270-277.

This last item fell under *Perspectivising*, so I conceptualised the emergent theoretically sampled indicators there. Continuing with *Disentangling*:

151. Bermea, A. M. (2019). *Queer Survivors of Intimate Partner Violence: Developing Queer Theory and Practice for Responsive Service Provision*.
152. Jagiello, K. P. (2019). Seeking to Do What's Best for Baby: A Grounded Theory. *The Grounded Theory Review*, Volume 18, Issue 1.
153. Pergert, P. (2014). Book Review: Leaving Rules that Enforce Preconception. *The Grounded Theory Review*, Volume 13, Issue 1.

I have poured an enormous amount of energy into *Disentangling*. Now I must stop, and will move to *Stopping attacker*, tomorrow.

Levelling the theory outline—155th to 157th data items

Date: Sunday, 24 May 2020

I spent several hours sprucing and “levelling” the theory outline, as can be observed in Appendix E.

154. Moore, J. (2018). *She Ran From the Cut, and Helped Thousands of Other Girls Escape, Too*. The New York Times.
<https://www.nytimes.com/2018/01/13/world/africa/female-genital-mutilation-kenya.html>

Now I am applying ROPE to the NY Times article above on the basis that it is relevant, seemingly sufficiently objective, not peer-reviewed but editor-reviewed, and ethical by implication of the careful manner in which the article is researched and presented. On this basis it was accepted by the researcher (me) for inclusion in this study for theoretical sampling. It is in any event in line with the classic grounded theory dictum “All is data” (Glaser, 2007a).

Started doing *Deciding for life*. Started *Anticipating trouble*.

155. Schewe, P. A. (2002). *Guidelines for developing rape prevention and risk reduction interventions*.
156. Lysek, M. T. (2018). A Grounded Theory on Obtaining Congruence in Decision Making. *Grounded Theory Review*, 7(1).

Elaborating randomised dimensions—158th to 161st data items

Date: Monday, 25 May 2020

Finished *Anticipating trouble*. Started *Welcoming*. This is still the 3rd rework of the written theory. Finished *Welcoming*. Started *Decisiving*.

157. Larkin, T. & Ranck-Buhr, C. (2009). *How To Survive The Most Critical 5 Seconds of Your Life*. Vervante. Kindle Edition.
158. Martin, V. B. (2015). The system was blinking red: Awareness contexts and disasters. *Grounded Theory Review*, 14(2), 11-21.
159. Moran, J. K., Weierstall, R., & Elbert, T. (2014). Differences in brain circuitry for appetitive and reactive aggression as revealed by realistic auditory scripts. *Frontiers in behavioral neuroscience*, 8, 425.

160. Biro, M., Novović, Z., & Gavrilov, V. (1997). Coping strategies in PTSD. *Behavioural and Cognitive Psychotherapy*, 25(4), 365-369.

Finished *Decisiving*. Started *Increasing*.

Safetifying intervention proposal—162nd to 167th data items

Date: Tuesday, 26 May 2020

Increasing in self-esteem has brought me to:

161. Rosenberg, M. (1965). Rosenberg self-esteem scale (RSE). *Acceptance and commitment therapy. Measures package*, 61(52), 18.

An instrument like this could be used pre and post intervention of a *safetifying* programme designed to help survivors *safetify* after violence to aid in determining *increase* in self-esteem and thus effectiveness of the intervention.

162. Baumeister, R. F., Smart, L., & Boden, J. M. (1996). Relation of threatened egotism to violence and aggression: The dark side of high self-esteem. *Psychological review*, 103(1), 5.
163. Osborne, T. K. (2019). *Macro-level strain theory: examining the roles of strain, negative affect, emotion regulation, social support, and collective efficacy on community violence exposure and behavioral outcomes* (Master's dissertation).
164. Andrews, T., & Waterman, H. (2005). Visualising deteriorating conditions. *The Grounded Theory Review*, 4(2), 63-93.

Increasing and *Achieving* are done. Continuing with *Benefitting*. Done. Starting *Victoring*. Done. Started *Selfsupporting*.

165. Ley, C., & Barrio, M. R. (2012). Active learning and self-supporting processes through sport, games and participatory activities with women who suffered violence. *Sport, Peace and Development*, 355-366.
166. Helfrich, C. A., Aviles, A. M., Badiani, C., Walens, D., & Sabol, P. (2006). Life skill interventions with homeless youth, domestic violence victims and adults with mental illness. *Occupational Therapy in Health Care*, 20(3-4), 189-207.

Selfsupporting is done. Next for tomorrow is *Invasiving*.

Footnoting propositional statements—168th data item

Date: Wednesday, 27 May 2020

Invasiving is done. Next is *Understanding*. Done. *Contributing* is also done. This is still the 3rd rework. Moving on to *Liberating*.

167. Russell, A. (2011). A Grounded Theory of Liberated Identity: Lesbians transcending oppression. *Grounded Theory Review*, 10(1).

Done with *Liberating*. Next: *Expecting*. I am almost a third of the way through the 3rd rework. So I'm budgeting on time as follows:

1. 10 days: When it (the 3rd rework) is done,
2. 4 days: I will proof the entire theory—except the Intro, polishing as I go. That will be the 4th rework.
3. 2 days: Then I will work on the Intro.
4. 7 days: After that, I think it will be time for Chapter 5: Discussion.
5. 4 days: Next would be 5th rework of entire theory.
6. 3 days: Then Chapter 6: Conclusion.
7. 10 days: Then rework the entire dissertation as many times as required to get it into final shape.

Total: 40 days. That takes me to 6 July 2020 which I may be able to schedule with my supervisor as the next review date. (By 2 July 2020, I was reviewing the entire dissertation for 2nd draft submission to supervisor and had as of a couple of days prior only reached about halfway through the discussion (Chapter 5). Thus, completion will probably take to the end of July, early August, much longer than anticipated here.)

Date: Thursday, 28 May 2020

I started going through the whole theory footnoting propositional statements concerning the theory's concepts and got as far as *observing signs*. I did it as an exercise to see if all categories and dimensions are correctly theoretically placed and associated with each other. So far they seem to be. This is very intense thought-work—and also don't want to overdo it now—so I'm reverting to the 3rd rework—busy with *Expecting*. Will get back to the propositional statements on the next rework. They do transcend the open codes and link concept with concept. I'm feeling quite stale and overworked, but I will have to persist and just rely—as I should be anyway—for the theoretically sampled data to do its saturative work (Glaser & Strauss, 1967). Note: All footnotes in this document were later worked back into the text.

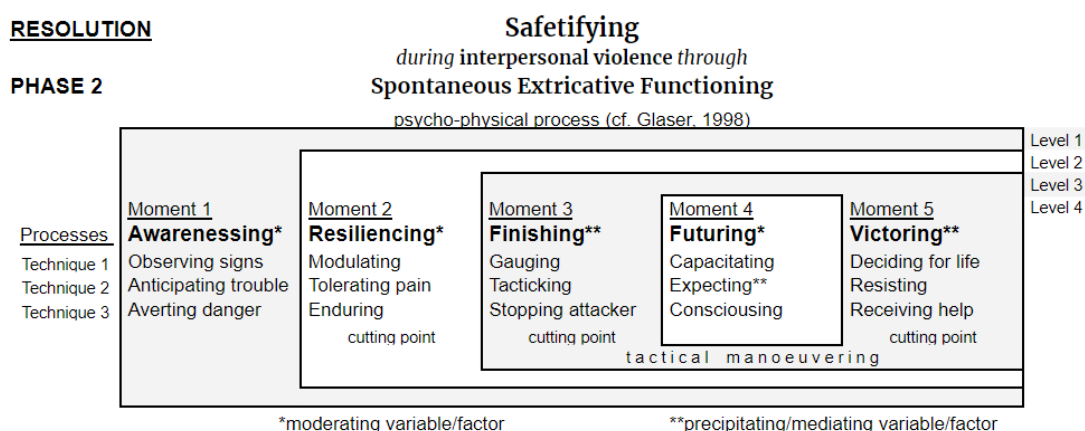
Expecting was changed to *Expecting to live* and was elaborated. This property was called *expecting death* (a consequence) which was reformulated to simply

expecting as in the switch to *expecting to live* which is the actual product of *futuring* through *capacitating*. Thus, as stated before, a consequence was reformulated by constant comparison into a dimensional *technique* (cf. Glaser & Strauss, 1967). *Optioning* is next.

Date: Friday, 29 May 2020

Optioning is done. Next is *Futuring*. I spent many hours mulling the Phase 2 outline—this is how it looks now:

Table 21—Revamped Safetifying Phase 2 outline



I also wrote up some clarifying theoretical propositions (hypotheses; see Glaser & Strauss, 1967, pp. 205-208) which are preliminary, not final:

An increase in violence (independent/precipitating variable/factor) increases safetifying (dependent variable/ factor). Awarenessing and resiliencing (moderator variables) influence the effect of violence on safetifying through finishing, futuring, and victoring. If awarenessing and resiliencing increase, so too will safetifying; if they decrease so too will safetifying. Therefore, it is important that the skills and techniques of awarenessing and resiliencing be thoroughly understood and practiced so that safetifying can be effectively done if necessary. Finishing (mediator variable) shows how safetifying effectively resolves violence by gauging, tacticking, and stopping attacker. Futuring (moderator variable) influences the effect of violence on safetifying through finishing and victoring. If futuring increases so too will safetifying; if it decreases so too will safetifying. Expecting (mediator variable) shows how futuring effectively influences the effect of violence on safetifying. Victoring (mediator variable) shows how safetifying effectively resolves violence by deciding, resisting, and receiving.

Delimiting elaboration—169th to 171st data items

Date: Saturday, 30 May 2020

I could go on forever expanding the dimensions of this theory, but I am now feeling the overwhelming urge to take Chapter 4, start at the beginning and rework it in its entirety. This will mean the 3rd rework is stopped short, having

done one-third of the dimensions. The rest will get done during the 4th rework which—as just stated—will embrace the entire written theory. The 4th rework will be for presentation of thought, theoretical integration, connectivity (variable/factor interactivity), delimitation (Glaser & Strauss, 1967, pp. 24, 56, 109-113, 226), and parsimony purposes (pp. 5, 35, 110-111).

So I'm going to Chapter 4 now for a complete read-through and 4th rework.

I rewrote the Intro from the theory outline. I took all the prelude memos—summative—and moved each to its place in the actual body of the theory for later blending. I had lunch, lay down for 25 minutes, then as I lay with the theory structure skipping through my mind, it built up into an overwhelming feeling like I had “to give birth”. Acknowledging to myself that I certainly was not pregnant, I still had this pressure in my being. So I rose and went to write this down. I am compelled to deliver myself of this theory. I will shortly return to Chapter 4 where I left off earlier.

After I moved the prelude memos, I went through the entire theory, formatting and corrected headings to comply with the current theory outline wording. I will continue with that briefly then go back to after the Intro and continue the 4th rework.

168. Chametzky, B. (2015). Surviving situational suffering: A classic grounded theory study of post-secondary part-time educators in the United States. *Grounded Theory Review*, 14(1), 26-40.
169. Glaser, B. G. (2013). Staying open: The use of theoretical codes in grounded theory. *The Grounded Theory Review*, Volume 12, Issue 1.
170. Galtung, J. (1969). Violence, peace, and peace research. *Journal of peace research*, 6(3), 167-191, p. 171.

Metatheory aligning with trauma theory—172nd data item

Date: Sunday, 31 May 2020

171. Duncan, P. (1956). Passive Resistance. *Africa South*, 1(1).

Listening to chapter 8 of Herman (2015), I realised that Phase 3—*safetifying after violence* is in alignment with numerous trauma recovery progression descriptions from the 1800's till now, which are generally all divided along the lines of: Safety (Awarenessing), Integration (Resiliencing and Finishing), and

Reconnection (Futuring and Victoring). Some indicate 5 or 8 stages, not necessarily 3. I have 5. This I found very encouraging, as I have discovered in theory what others discovered in practice without recourse to or even knowledge of those specific therapies. This will surely make good fodder for the discussion chapter.

Re-diagramming safetifying—173rd data item

Date: Monday, 1 June 2020

172. Glaser, B. G. (2014). Choosing grounded theory. *The Grounded Theory Review*, 13(2), 3-19. (Note that when I list such a source here, it is being used theoretically, not methodologically.)

Date: Tuesday, 2 June 2020

Spent several hours doing a fresh diagram of *endangering* and the entire *safetifying* process over 3 phases. It had to be redone, as categories were emergently subsumed and renamed, and the process reconceptualised in places. I have been working from a drawn representation of this model—see figure below—which I drew on 2 May 2020, exactly a month ago. So I now decided to do a formal one as it forces structuring the finer points, sequences, and focusses—see the figure on the following page. Also, I am about to embark on the 4th rework of Phase 1 for which I wanted to have my thinking crystal clear for the propositional statements of variable/factor interaction.

Figure 6—Reworked sketch model of Safetifying through Phasic Protective Sequencing

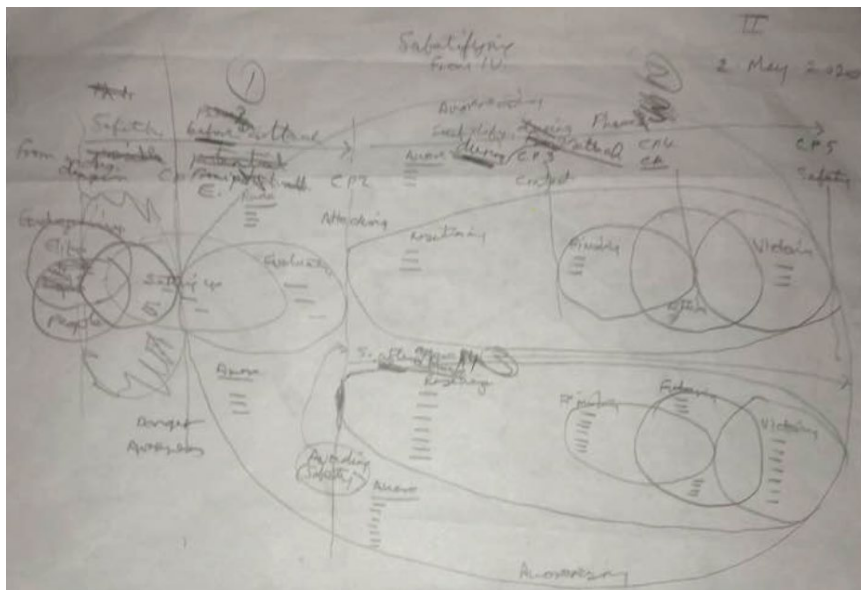
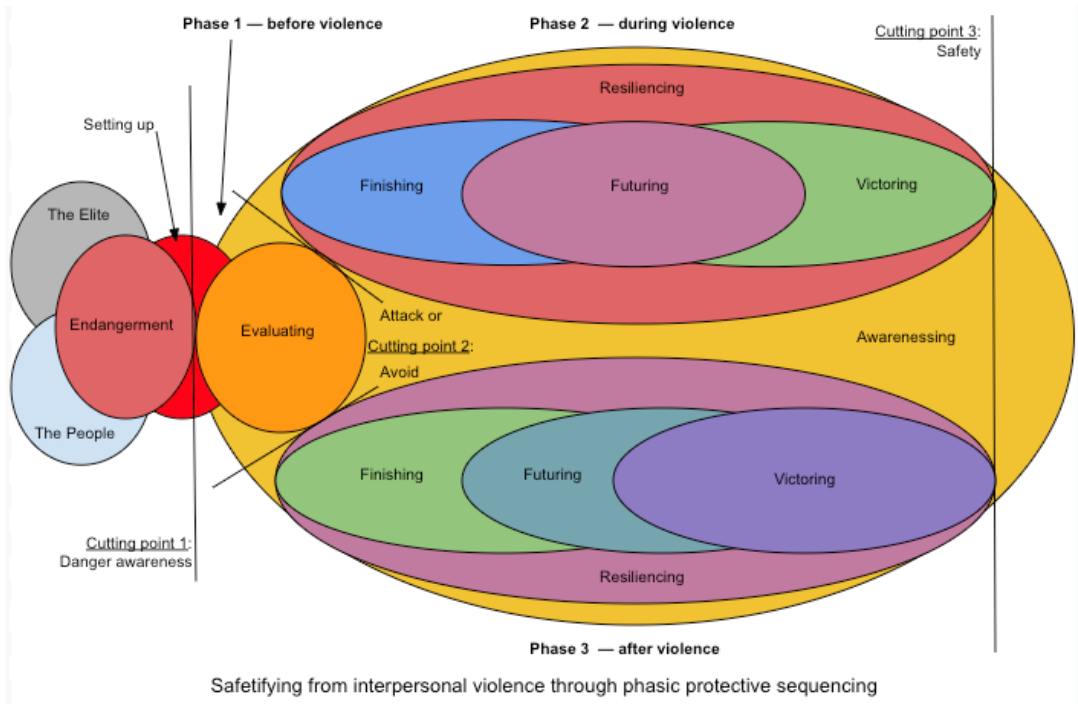


Figure 7—Reworked model of Safetifying through Phasic Protective Sequencing



I also spruced up the Phase 1 outline:

Table 22—Safetifying from an attack

<u>RESOLUTION</u>		<u>Safetifying</u>			
		<i>before interpersonal violence through</i>			
PHASE 1		Critical Assessive Dedangering			
		socio-psychological process (cf. Glaser, 1998)			
<u>Processes</u>	<u>Moment 1</u> (techniques)		<u>Moment 2</u> (tactics)	<u>Moment 3</u> (steps)	Level 1
	Awarenessing		Setting up	Evaluating	Level 2
	Point 1	Observing signs	Preparing	Optioning	
	Point 2	Anticipating trouble	Invasiving	Weighting	
	Point 3	Averting danger	Forming	Turning/cutting point	
	rapid momentary decisioning				

Date: Wednesday, 3 June 2020

Continued 4th rework of Phase 1.

Date: Thursday, 4 June 2020

Last night I dreamt we were climbing up a steep incline over vines and snakes until we got to the top where we saw the person sitting down peacefully amidst ivy and beautiful green foliage busy mending something in his hands. My quest to conceptualise and integrate disparate indicators (Glaser, 2002a, pp. 9, 19, 25) into a coherent workable theory.

Continuing the 4th rework of Phase 1, interpolating tables and figures to make the theory more readily assimilable and understandable.

Starting Phase 2 now. It is exciting. Very exciting. Such a privilege and blessing to be entrusted with so many beautiful emergent principles of safetifying oneself from violence and afterwards for the healing process.

Also spent the last hour before lights out the last three nights reading and mulling further post-dissertation research—I always plan ahead—such as: Empirical verification and therapeutic testing of the metatheory of safetifying.

Date: Friday, 5 June 2020

Reworked the intro to Phase 2.

Continued 4th rework of Phase 2—174th data item

Date: Saturday, 6 June 2020

Continued reworking Phase 2. I worked late and then rewarded myself with an hour of perusing the following two books concerning quantitative research and pretest-treatment-posttest designs for future therapeutic testing of a safetifying-metatheory-based intervention which I hope to create as a part of my doctoral studies:

- Terre Blanche, M., Durrheim, K., & Painter, D. (Eds.). (2006). *Research in practice: Applied methods for the social sciences*. Juta and Company Ltd.
- Wagner, C., Kawulich, B., & Garner, M. (Eds.). (2012). *Doing social research: A global context*. McGraw-Hill Higher Education.

173. Fitzgerald, M. M., McCart, M. R., & Kilpatrick, D. G. (2009). *Psychological-behavioral treatment with victims of interpersonal violence*. In Behavioral emergencies: An evidence-

based resource for evaluating and managing risk of suicide, violence, and victimization. (pp. 377–401). Washington, DC: American Psychological Association.

Positive effect of Safetifying Phase 3—175th to 177th data items

Date: Sunday, 7 June 2020

Dreamt of a friend last night. Can't remember the actual dream. But I remember once sharing a meal with him, during which he completely ignored me, the whole time actively chatting to others on his phone. I try to understand this and ignore it. It did however trigger remembrance of the ignoring that I endured as a child. It has left me very subdued and a little ratty this morning, although I am especially tender towards my cockatiel companion of 18 years

Figure 8—Herbie, my cockatiel



who is very responsive and flew to her swing for preening after my gentle suggestion to her. Harsh, passive-aggressive treatment of a defenceless child is true violence—interpersonal psychological violence. Perhaps I shall yet make an opportunity to seek therapeutic help for this and the other violences (including physical) I have experienced in my life. In the meantime, writing this emergent theory, especially Phase 3—safetifying after interpersonal violence through abiding self-transformative progressing, is having a noticeably positive effect on me. I'm hoping this bodes well for those who may read and use it in future.

I finished Phase 2—the 4th rework. Started reviewing Phase 3. Started to theoretically sample pertinent illustrative quotations from the data for each dimension of Phase 3.

174. Pang, K. S. (2006). *A partitioned narrative model of the self: Its linguistic manifestations, entailments, and ramifications* (Doctoral dissertation, University of Otago).
175. Wichary, S., Kossowska, M., Orzechowski, J., Slifierz, S., & Markovic, J. (2008). Individual differences in decisiveness: Pre-decisional information search and decision strategy use. *Polish Psychological Bulletin*, 39(1), 47.
176. Acosta, G. H. (2020). *A CHICANA'S TESTIMONIO: RECLAIMING MY POWER FROM INTERGENERATIONAL TRAUMA AND ITS EFFECTS ON MY MENTAL HEALTH* (Master's thesis, California State University, Northridge).

Theoretically sampling literature quotations—178th and 199th data items

Date: Monday, 8 June 2020

Worked today as usual. Went to gym for an hour under strict covid-19 certificated one-on-one health supervision. First time in months. New lease on life. Carried on theoretically sampling elucidating illustrative theory insight quotations from the literature.

177. Fromm, E. (1939). *Selfishness and self-love*. William Alanson White Psychiatric Foundation.
178. Dowling-Castronovo, A. (2015). Theory of Regaining Control: How Older Adults with New-Onset Urinary Incontinence Address Loss of Control. *Grounded Theory Review*, 14(1). (The reader should not be disconcerted by any seemingly unrelated subject matter of a theoretical sample item, as within such lie theoretical principles of psychological significance when brought to either a higher level of conceptualisation or when simply reapplied abstract of person, place, and time—cf. Glaser, 2002a).

Date: Tuesday, 9 June 2020

179. Gilbert, P., & Allan, S. (1994). Assertiveness, submissive behaviour and social comparison. *British Journal of Clinical Psychology*, 33(3), 295-306.

Date: Wednesday, 10 June 2020

180. Adjognon, A. M. (2014). A Grounded Theory of Political Intelligentizing in Business Administration. *Grounded Theory Review*, 13(2).
181. Lei, Z. (2017). Thriving Through Crisis: A Resiliencing Approach—Understanding Crisis as an Ever Changing, Emergent, Dynamic Phenomenon. *Graziadio Business Review*, 20(2).
182. McNally, R. J. (2003). Recovering memories of trauma: A view from the laboratory. *Current Directions in Psychological Science*, 12(1), 32-35.

Date: Thursday, 11 June 2020

183. Sardenberg, C. M. B. (2008). Liberal vs. Liberating Empowerment: A Latin American Feminist Perspective on Conceptualising Women's Empowerment 1. *IDS bulletin*, 39(6), 18-27.

Date: Friday, 12 June 2020

Three nights ago I hired the Kindle book: H. Carl Haywood and Carol S. Lidz. (2007). *Dynamic Assessment in Practice: Clinical and Educational*. Kindle Edition, and have been reading it apropos dynamic assessment using the safetifying theory for people suffering from interpersonal violence. It is my bedtime

reading so it is not interfering with this work. It bodes well for a therapeutic application of the theory in this regard. I can see an intricate question and response dynamic assessment instrument programmable in, for example, Google Forms or any other professionally approved platform, which could pre-test wellbeing, take the respondent through safetifying concepts tailored to her responses and then post-test wellbeing. It would be amazing if something like this could have an immediate re-cognition therapeutic effect, and that respondents—once they'd taken the assessment—could come back as often as desired, taking different options within the instrument as they might feel the need or simply take something from the experience and build better and happier lives on it. Google Forms is a free secure alternative on a par with other survey services such as SurveyMonkey. Refer to this article for a comparison: <https://zapier.com/blog/google-forms-vs-surveymonkey/>

I am still busy selecting theoretically sampled quotations from the literature (data) for each of the 40 processes, dimensions, and sub-dimensions in Phase 3 of the safetifying theory. It is going well, although sometimes they are difficult to find, and it is forcing a lot of reading. The quotes are placed in position unmemored, although the theoretical insights and integration are mentally noted as I work with them. I find that this overall cooking effect will be better when I begin the actual 4th rework of Phase 3 as the memoes and integration will benefit from the qualifying effect of all the other bits of information (concepts) introduced through this process.

184. Grant, A. M., & Gino, F. (2010). A little thanks goes a long way: Explaining why gratitude expressions motivate prosocial behavior. *Journal of personality and social psychology*, 98(6), 946.
185. Vines, P. E. (2017). The Value of Apologising within a Moral Community: Making Apologies Work. *Oñati Socio-legal Series*, 7(3).
186. Maisha, B. M. (2020). Contextualising therapeutic care for child survivors of sexual violence in situations of war: a reflection on theory, context and practice. *Intervention*, 18(1), 45.
187. Beckmann, J. & Heckhausen, H. (2008). Motivation as a Function of Expectancy and Incentive in Heckhausen, J., & Heckhausen, H. (Eds.). (2008). *Motivation and action* (Vol. 22). New York: Cambridge University Press.
188. Cornish, E. (2004). *Futuring: The exploration of the future*. World Future Society.
189. Latham, G. P., & Locke, E. A. (1991). Self-regulation through goal setting. *Organizational behavior and human decision processes*, 50(2), 212-247.

Date: Saturday, 13 June 2020

190. Bose, J. (2005). Images of trauma: Pain, recognition, and disavowal in the works of Frida Kahlo and Francis Bacon. *Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry*, 33(1), 51-70.
191. Johannesen, R. (2019). Neutralizing Prejudices. *Grounded Theory Review*, 18(1).
192. Hartling, L. M. (2008). Strengthening resilience in a risky world: It's all about relationships. *Women & Therapy*, 31(2-4), 51-70.
193. Enke, K. A., & Ropers-Huilman, R. (2010). *Defining and achieving success: Perspectives from students at Catholic women's colleges*.
194. Kochel, K. P., Ladd, G. W., Bagwell, C. L., & Yabko, B. A. (2015). Bully/victim Profiles' differential risk for worsening peer acceptance: The role of friendship. *Journal of applied developmental psychology*, 41, 38-45.
195. Mims, D., & Waddell, R. (2016). Animal assisted therapy and trauma survivors. *Journal of evidence-informed social work*, 13(5), 452-457.
196. Binfet, J. T. (2017). The effects of group-administered canine therapy on university students' wellbeing: A randomized controlled trial. *Anthrozoös*, 30(3), 397-414.
197. Peters, M. L., Meevissen, Y. M., & Hanssen, M. M. (2013). Specificity of the Best Possible Self intervention for increasing optimism: Comparison with a gratitude intervention. *Terapia psicológica*, 1(1), 93-100.
198. Vansteenkiste, M., & Ryan, R. M. (2013). On psychological growth and vulnerability: basic psychological need satisfaction and need frustration as a unifying principle. *Journal of psychotherapy integration*, 23(3), 263.
199. Herman, J. L. (2015). *Trauma and recovery: The aftermath of violence--from domestic abuse to political terror*. Hachette UK—available from www.audible.com.

All Phase 3 pertinent theoretically sampled illustrative quotations have been inserted from the data (literature) into the theory. Tomorrow I go back to the beginning of Phase 3 and do the actual 4th rework. Data items for this study so far equal almost 200—there have been at least 4 repeats—so it is actually about 196, and the dissertation up to References—excluding Inserts—equals 300 pages.

I wish to theoretically sample from Herman (2015) across all 40 dimensions of Phase 3 before final integration, so I will start by listening to some relevant chapters for that purpose, stopping to write selective memos under the sections concerned. I have already referred to her in Phase 3 during the 3rd rework but only now listed her above as a data source.

Date: Sunday, 14 June 2020

I decided against the Herman (2015) suggestion of yesterday.

Phase 3 is relatively theoretically saturated and has a number of Herman indicators already present in the theory and some freshly added from her.

Comprehensive coverage is not required and could encumber the theory, so I opted for a plain re-reading rework of Phase 3, finishing *awarenessing* and *resiliencing* today.

Some dimensions are better saturated than others, e.g. *confidenting* more than *positiving*, but I think it is okay, because *confidenting* emergently carries greater conceptuality and thus seems to require more elaboration than *positiving* which is a more rudimentary concept that flows from *resiliencing* and links to *finishing*, and thus would seem to hardly requires much elaboration.

I mean the fact that the victim becomes *positive* is just that, a fact. But how she develops *confidence* seems to be a more intricate processual matter.

Date: Monday, 15 June 2020

Went back to the lesser elaborated dimensions under *awarenessing* and *resiliencing* and wrote memos intertextually on the quotes to integrate them conceptually into the metatheory.

2-year old grounded theory violence structure—200th data item

Date: Tuesday, 16 June 2020 (Youth Day in South Africa)

I thought I would show my handwritten grounded theory structure of violence that I did exactly 2 years ago and included in my research outline for the application for registration for this master's study.

Here it is:

Figure 9—Researcher's pre-literature violence process preconception sketch



It illustrates well how this pre-literature preconception of mine has had very little influence on the outcome and content of the present classic grounded metatheory, as there are very few conceptual or pattern similarities, the present outcome being far more structured, complex, nuanced, and rich. It speaks well for the authentic emergent nature of the present work. Glaser and Strauss' (1967, p. 33) corroboration of such an approach is encouraging: 'To be sure one goes out and studies an area with a particular sociological perspective, and with a focus, a general question, or a problem in mind. But he can (and we believe should) also study an area without any preconceived theory that dictates, prior to the research, "relevancies" in concepts and hypotheses.'

200. Josephus: Antiquities. (93CE). Josephus, F., Niese, B., & Rogers, P. (2016). *The Antiquities of the Jews*. <http://www.biblical.ie/page.php?fl=josephus/Greek%20Texts>

It is exhausting reworking Phase 3, as its elaboration must obviously be balanced and meaningful and 40 dimensions is quite something to grapple with. Again, some will say the theory should have been condensed into 3 maybe 5 sub-cores with say 4 or 5 properties each (a minimum of 12 or a maximum of 25

dimensions) or that certain properties should have been removed, but this is a metatheory of a wide range of types of violence, and 40 distinctive dimensions did emerge from the data, and as previously mentioned I am concatenating actually 4 grounded theories, endangering, and then the before, during and after violence phases, each of which are in effect a grounded theory in their own right. Phase 3, as the culmination, one might say, and “longest” phase—it is ongoing—although conceptually extensive, will be theoretically complete (Glaser & Holton, 2004). It is already conceptually dense (cf. Glaser & Strauss, 1967, p. 150) with relatively little substantive description (Glaser, 2019) *per se*.

Finished 4th rework of the theory—201st to 207th data items

Date: Wednesday, 17 June 2020

201. Frederickson, J. (2013). *Co-Creating Change: effective dynamic therapy techniques*.
202. Gumani, M. A., Fourie, M. E., & Terre Blanche, M. J. (2013). Inner strategies of coping with operational work amongst SAPS officers. *SA Journal of Industrial Psychology*, 39(2), 1-10.
203. Mazza, M., Marano, G., Lai, C., Janiri, L., & Sani, G. (2020). Danger in danger: Interpersonal violence during COVID-19 quarantine. *Psychiatry research*, 113046.
204. Gumani, M. A. (2014). Concepts of multifaceted social support in operational work in the lives of South African Police Service members. *SA Journal of Industrial Psychology*, 40(2), 1-11.
205. Purcell, L. N., Kayange, L., Gallaher, J., Varela, C., & Charles, A. (2020). The inter-relationship between employment status and interpersonal violence in Malawi: a trauma center experience. *World journal of surgery*.
206. Goodwin, K. E. (2020). *Investigating the Intersections of Interpersonal Violence: Identifying Risk and Protective Factors for Hazing*.
207. Bender, R. N. (1952). *Prolegomena to the derivation of moral laws from psychological data* (Doctoral dissertation, Boston University).

Today, I wrote a bit in Phase 3, dimension elaboration/integration, and continued what I started last night—a review of the 102 theories dealt with in the literature review (Chapter 2) above for possible contributions of this metatheory to them. There appear to be quite a lot, but time will tell when I examine contributions to knowledge in the 6th chapter. Chapter 5 is for discussion and this will take place, I am anticipating, partially under the themes of the literature review, as this would seem to be the best way to compare and contrast the emergent metatheory with the existing literature, as the existing

literature's content as a whole emerged under those themes: violence causation, therapy, prevention, reduction, impact, prevalence, research, and reporting.

The question may arise: How can you discuss a metatheory derived from the literature with that same literature?

The answer is: Very easily, and for the following reasons:

1. "The whole is greater than the sum of its parts"—Aristotle.
2. The emergent metatheory is structurally and theoretically unique.
3. The literature review themes emerged from each literature item *as a whole*.
4. The metatheory "themes" (concepts, categories, and properties) emerged from *within* the items.
5. Approximately 63 more literature items were used for theoretical sampling (total: 207; see number above, exclusive of about 6 repeats and 1 rejection) than were used in the literature review (137), making the metatheory broader than the literature review.
6. Thus, the discussion is expected to indicate substantial integrative contributions of the present metatheory to the themes of the representative extant literature on interpersonal violence.

Date: Thursday, 18 June 2020

I have finished the 4th rework of the theory (Chapter 4). Now I will continue to delineate the contents of Chapters 5 and 6 in the Table of Contents above which is where I am structuring what to cover for those chapters. I added several more headings in the Table of Contents.

I then completed the table of contents entries for Chapter 4 and it looks beautiful. I notice a careful balance of detailed elaboration between all 5 passages (of Phase 3) by use of sub-steps and sub-sub-steps, or sub-properties and sub-sub-properties if you will. This is very pleasing and fortuitous which gives an inherent sense of proportion to the theory in Phase 3. I knew there were sub- and sub-subs- in there somewhere throughout because I put them there, but I had no idea they were so well distributed. Could just be coincidence, but its serendipity is most agreeable.

I continued updating the table of contents for the other chapters and started creating enterable headings for this chapter (3), e.g. "1st Data Item", otherwise the table of contents would merely have a list of essentially meaningless dates. Now the table of contents entries will probably be like this:

7 - 8 March 2020—1st Data Item

At least this will give an idea of timing and volume of theoretical sampling to any person looking at the Table of Contents, for a decision, for example, to view the method a quarter way through, half-way through, etc. I am for now dispensing with the idea of creating conceptual headers within this chapter to signify the content of the material discussed, as this would be in and of itself a huge task and beyond the scope of this dissertation, I believe. So essentially what I am saying is that anyone wanting to check the method of this study can simply scan the pages or search (Ctrl-F) for key words to review what they require.

The Development of Stratad Theory—208th to 216th data items

Date: Friday, 19 June 2020

Anyhow, I relented and went back and aptly named each section for content in chapter 3 above. I am quite entertained at the thought of the possible reaction of the classic grounded theory clique who eschew any terminology “never” used by Glaser. In fact they even eschew terminology that he has liberally used but not emphasised, and so they do not “recognise” it as it coming from Glaser, although his works are replete with it. I have had personal experience with these experts. However, I do here propose **The Development of Stratad Theory** with the following chief principles which have been developed throughout the present study:

1. Realistic Naming
2. Concatenated Arrangement
3. Higher Naming
4. Structuralisation
5. Functional Naming
6. Similarity Sourcing
7. Narrativational Delineation

“Stratad” is the adjectival verbal form of the noun “strata”, meaning to “have strata”. Thus, Stratad Theory is a methodology for gleaning theory from different strata of data (i.e. different data strata) for presentation in a stratified manner. It subsumes the activities of grounded theory but is more structured, systematic, and ultimately more thoroughly grounded than grounded theory,

because its principles address among other things the problematic early memo conceptual associations and hand sorting of classic grounded theory which are susceptible to premature category salience and whimsical theoretical patterning (q.v. Glaser & Holton, 2004: “preconceived forcing” and “forcing...patterns”).

I should like to do further research and publish on **The Development of Stratad Theory** explaining how it developed through doing this study and the several prior ones I have done, mentioned above in Chapter 1. Although Stratad Theory has been developed over the last 2 years through those studies, its crystallisation at this juncture does not mean that it is suited only for metatheories. On the contrary, it is highly flexible, and can work with any number of data sources and guarantees a clean, stratified, and applicable theory, if the procedures are properly followed. Those procedures—the basic 7 listed above—are capable of detailed systematic explanation—so the theorist knows precisely what, when, and how to do something. This is unlike the “autonomy” of the classic grounded theorist which is just another way of saying “We’ve never bothered to provide a detailed systematic explanation of what, when, and how.” Far from constricting the theorist, Stratad Theory allows her to utilise her naming, arranging, structuring, sourcing, and delineating skills to the best possible effect without having to work the methodology out for herself. Applying Stratad Theory would be like doing classic grounded theory but in a more thorough, stricter manner.

Date: 20 - 23 June 2020

Continued working on the therapeutic concepts in Chapter 5. It is a long painstaking collative (re-conceptualisation in some instances) process.

Date: 24 - 25 June 2020

Unable to get to this work, having to do the many pressing accounting chores I have for my clients.

Date: Friday, 26 June 2020

Back at the therapeutic concepts—at *futuring* now.

Date: 27 - 29 June 2020

Completed *victoring* and started **Safetifying and violence prevention**.

Still busy with prevention. Decided to stop, proof entire dissertation so far, and send off 2nd draft to my supervisor, Dr. M. A. Gumani. Then I will carry on with prevention. Still have about between 70 to 100 pages to go, I estimate for the rest of Chapter 5 (about 40 pages) and Chapter 6 (about 47 pages). It is demanding, intricate work, requiring great patience and pacing. Cannot rush it though, no matter how eager I am to finish. Must stay the course and give each aspect its due attention.

Date: 30 June – 3 July 2020

Been reviewing the entire dissertation for preparation for 2nd draft submission to supervisor, streamlining tables, inserts, and figures. And now got to this point and will proceed into Chapter 4 and 5. Confirmation from my supervisor now gives me until end July to try complete Chapters 5 and 6 and make a 2nd draft submission only then.

Date: 4 – 8 July 2020

Continued discussing safetifying in relation to the interpersonal violence literature in Chapter 5.

Picked up several literature items used as data not listed here as a data source, which I am now doing:

208. McLoughlin, J. B. (1994). Centre or periphery? Town planning and spatial political economy. *Environment and Planning A*, 26(7), 1111-1122.
209. Collier, P. (2007). *The bottom billion: Why the poorest countries are failing and what can be done about it*. Oxford: Oxford University Press.
210. Cockayne, J. (2011). *State fragility, organised crime and peacebuilding: towards a more strategic approach*. Norwegian NYU.
211. Merchant, L. V., & Whiting, J. B. (2018). A grounded theory study of how couples desist from intimate partner violence. *Journal of marital and family therapy*, 44(4), 590-605.
212. Mabin, A. (1993). *Capital, coal and conflict: the genesis and planning of a company town at Indwe*. Contree 34.
213. Gobodo-Madikizela, P. (2008). Trauma, forgiveness and the witnessing dance: Making public spaces intimate. *Journal of Analytical Psychology*, 53(2), 169-188, p. 175.
214. Kobrin, N. H. (2010). *The banality of suicide terrorism: The naked truth about the psychology of Islamic suicide bombing*. Potomac Books, Inc.
215. Greed, C. (Ed.). (2002). *Social town planning*. Routledge.

216. Monahan, J., Appelbaum, P. S., Mulvey, E. P., Robbins, P. C., & Lidz, C. W. (1993). Ethical and legal duties in conducting research on violence: lessons from the MacArthur Risk Assessment Study. *Violence and Victims*, 8(4), 387.

Date: 9 – 11 July 2020

Been writing discussion of Safetifying and other theories in Chapter 5.

Final Method Entry

Date: 12 – 16 July 2020

Completed Chapter 5 and wrote Chapter 6. Very delicate and careful work. These chapters might be seen as an extension of the method delineation for this study as they contain my perspectives and insights as the discussion and conclusion progressed. Hence, I did not record here further what I was doing, as it can essentially be read there.

Conclusion

This method chapter was written in an informal diary fashion in order to reflect the intense and detailed application of classic grounded theory as understood by the researcher and how this played out in everyday analysis and meta-synthesis. It was intended to give sufficient information so as to allow for an effective “papertrail” for, as stated at the beginning of this chapter, credibility, confirmability, dependability, and transferability checks (cf. Guba, 1981).

I thank the reader for journeying with me through this Method, and I trust that the actual Safetifying Metatheory (next chapter) will be interesting and rewarding.

Chapter 4

Results

Our safety is not in blindness, but in facing our dangers

- Schiller, 1793

Introduction

This chapter presents the results of the study described above. First, an overview is given of the emergent classic grounded metatheory of *Safetifying from interpersonal violence through Phasic Protective Sequencing*. Thereafter, a model and outline of the theory is provided. Then, the theory is formally introduced, followed by a presentation of endangering—the main concern. After that, the resolution of the main concern, each of the theory’s sections—safetifying before, during, and after violence—is presented and elaborated. Finally, a summary is provided at the end of the chapter.

Danger, alternatively *endangerment*, is italicised throughout as it emerged (8 March 2020) from the data (Fry, 2014) as the main concern of people experiencing interpersonal violence and was repeatedly confirmed by subsequent data items as experiencers’ main concern. Likewise all data-emergent concepts, such as *safetifying*, whether open codes (Holton, 2007b), higher-level codes, or otherwise, are also italicised in order to indicate theoretical prominence and relevance.

Protective, as in *Phasic Protective Sequencing* is used here and throughout—unless context indicates otherwise—as an adjectival noun indicative of “protective actions”.

Certain tables (theory outlines) and figures are repeated at relevant points with different titles for ease of reference and promotion of understanding. Designations such as “Memo P001” or “Codes 0316-0319” refer to items in *the sheet*, most of which may be referenced in Annexure D.

Further, although this chapter is academically formal, I use certain words like “selfish”, “minions”, or “cronies” to convey the application of the critical realistic approach. These terms should not be taken to be indiscriminately judgemental;

in essence, they serve the purpose of bringing forth the critical interpretation of the findings.

Overview of Safetifying

Danger causes *safetifying*. *Safetifying* is the socio-psychophysical process (cf. Bender, 1952) of how people make themselves safe from *danger* (main concern). This is achieved through *Phasic Protective Sequencing*, that is, the selection and use of *protectives* (protecting actions) from the different *phases* of *safetifying* (before, during, and after violence) in optimal *sequences*.

The verb “cause” (“causes”) is used in this theory as a tentative postulation of causation, not as a dogmatic assertion of fact (cf. Alborzi et al., 2008; Chametzky, 2015; Glaser, 2013).

The main concern of people experiencing interpersonal violence is *endangerment (danger)*. *Endangerment* is what precipitates *safetifying*. *Endangerment* comes about through the socio-structural process (cf. Glaser, 1998) of *contingent contextual conditioning*. This is when *the elite* do things that affect *the people* who in turn affect *the elite* in an amplifying reciprocal loop which together conjuncturally causes (cf. Glaser, 2005a) the frequent occurrence of *endangerment*. This process is called *endangering*.

Endangering precipitates *safetifying before violence* through the socio-psychological process (cf. Glaser, 1998) of *critical assessive dedangering*. This involves being *aware* of being *set up* for an attack and *evaluating* this so as to avoid the *danger*.

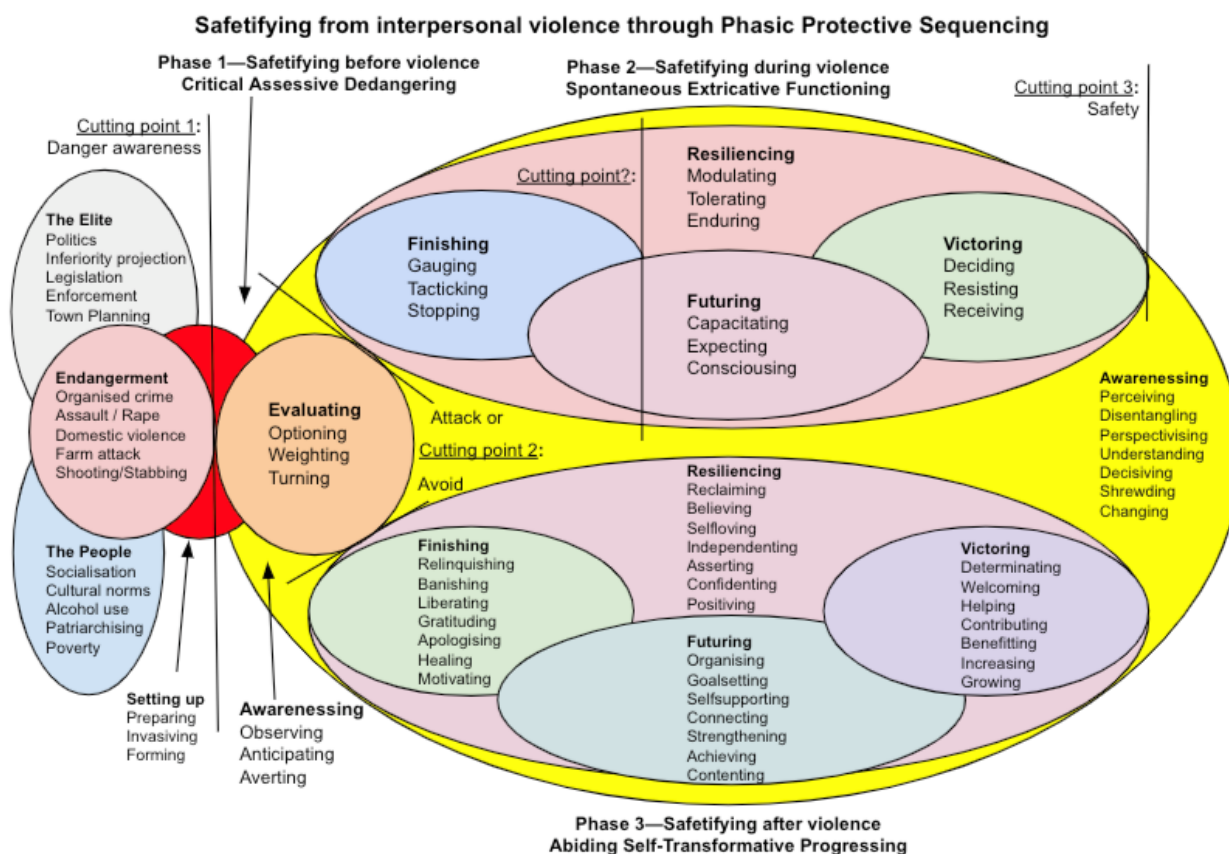
If *dedangering* does not work and an attack ensues, then *safetifying during violence* takes place through the psycho-physical process of *spontaneous extricative functioning*. This is done by *awarenessing*, *resiliencing*, and *futuring* acting upon *finishing* and *victoring* to *extricate* from the attack.

After an attack, *safetifying* takes place through the psycho-social process (cf. Glaser, 1998) of *abiding self-transformative progressing* in which *awarenessing*, *resiliencing*, and *finishing* lead into *futuring* and *victoring*, *transforming* the self from survivor into victor.

Safetifying resolves the main concern of *endangerment (danger)*.

Model and Outline of Safetifying

Figure 10—Model of *Safetifying* through *Phasic Protective Sequencing*



The classic grounded metatheory of *safetifying* from interpersonal violence through *Phasic Protective Sequencing* emerged from the data of the literature into a theoretical outline (Glaser & Holton, 2004) which is represented by the model in the above figure and presented in greater detail by the outline in the table on the following page.

The various processes and dimensions shown will be explained as this chapter proceeds with the delineation of the theory.

Table 23—Outline of Safetifying through Phasic Protective Sequencing

Safetifying from interpersonal violence through Phasic Protective Sequencing socio-psychophysical process (cf. Bender, 1952)				
MAIN CONCERN				
Endangering with interpersonal violence through Contingent Contextual Conditioning socio-structural process (cf. Glaser, 1998)				
Precipitants	Process 2	Condition 1 (tools)	Condition 2 (subconditions)	Consequence
	Process 1	The Elite**	The People*	Endangerment
	Aspect 1	Politics	Socialisation	Organised crime
	Aspect 2	Inferiority projection	Cultural norms	Assault / Rape
	Aspect 3	Legislation	Alcohol use	Domestic violence
	Aspect 4	Enforcement	Patriarchising	Farm attack
	Aspect 5	Town Planning	Poverty	Shooting/Stabbing
		amplifying mutual / reciprocal looping		cutting point
		conjunctural causal frequenting		
		**independent/mediating variables/factors		*moderating variables/factors

RESOLUTION

Safetifying

before interpersonal violence through

PHASE 1

Critical Assessive Dedangering

socio-psychological process (cf. Glaser, 1998)

				Level 1
				Level 2
<u>Processes</u>	<u>Moment 1</u> (techniques)	<u>Moment 2</u> (tactics)	<u>Moment 3</u> (steps)	
	Awarenessing	Setting up	Evaluating	
	Point 1	Observing signs	Preparing	Optioning
	Point 2	Anticipating trouble	Invasiving	Weighting
	Point 3	Averting danger	Forming	Turning/cutting point
rapid momentary decisioning				

RESOLUTION

Safetifying

during interpersonal violence through

PHASE 2

Spontaneous Extrictive Functioning

psycho-physical process (cf. Glaser, 1998)

					Level 1
					Level 2
					Level 3
					Level 4
<u>Processes</u>	<u>Moment 1</u>	<u>Moment 2</u>	<u>Moment 3</u>	<u>Moment 4</u>	<u>Moment 5</u>
	Awarenessing*	Resiliencing*	Finishing**	Futuring*	Victoring**
	Observing signs	Modulating	Gauging	Capacitating	Deciding for life
	Anticipating trouble	Tolerating pain	Tacticking	Expecting**	Resisting
	Averting danger	Enduring	Stopping attacker	Consciousing	Receiving help
		cutting point	cutting point		cutting point
tactical manoeuvring					

*moderating variable/factor

**precipitating/mediating variable/factor

Safetifying after interpersonal violence through Abiding Self-Transformative Progressing psycho-social process (cf. Glaser, 1998)				
RESOLUTION				
PHASE 3				
Steps	Passage 1	Passage 2	Passage 3	Passage 4
	Awarenessing	Resiliencing	Finishing	Futuring
	Step 1	Perceiving	Relinquishing	Organising
	Step 2	Disentangling	Banishing	Goalsetting
	Step 3	Perspectivising	Liberating	Selfsupporting
		Understanding	Gratituding	Connecting
		Decisiving	Apologising	Strengthening
		Shrewding	Healing	Achieving
		Confidenting	Motivating	Contenting
		Positiving		Growing
		stepped passaging		

Safetifying

from interpersonal violence through

Phasic Protective Sequencing

Safetifying is the act of making safe where there is *danger* or violence. *Safetifying* takes place in three phases—*before*, *during*, and *after* violence. During each phase, *safetifying* uses different *protective* dimensions. Although each dimension is characteristically used within its *phase*, it may be used in combination with dimensions of other *phases*. Thus, when *safetifying*, there is a spontaneous intra- and inter-*phasic sequential* selection of *protective* dimensions, and *safetifying* is said to take place through *Phasic Protective Sequencing*.

Endangering comes about through *contingent contextual conditioning*. The *endangering* escalative interaction of the socio-structural conditions (cf. Glaser, 1978, 1998) of *the elite* and *the people* results in *endangerment (danger)*. These conditions include *the elite's politics, inferiority projection, legislation, enforcement, and town planning*, and *the people's socialisation, cultural norms, alcohol use, patriarchising, and poverty*. *Endangerment* appears in the form of risks of *organised crime, assault, domestic violence, farm attack, rape, shooting, stabbing*, etc.

Perpetrators emerge from *the elite* and *the people* who through *endangering* set up targets for *attack*. This is when *safetifying* before violence takes place through *critical assessive dedangering*. It includes the use of *awarenessing* techniques of *observing, anticipating, and averting*; *setting up* tactics of *preparing, invasiving, and forming*; and *evaluating* steps of *optioning, weighting, and turning*. This is carried out by utilising *important assessed* tactics to *reduce* the *danger* and is thus termed *critical assessive dedangering*.

If the target *safetifies* effectively, she will avoid the *attack*. If not, she will be *attacked*. If the target avoids the *attack*, she *safetifies* either by reverting to *critical assessive dedangering* if *danger* is still present, or by moving to *abiding self-transformative progressing*, which is how a person *safetifies after, after avoiding*, or in the *absence* of an *attack*. If she is *attacked*, the victim *safetifies*

during the attack through spontaneous extricative functioning. The processes used in *spontaneous extricative functioning* and *abiding self-transformative progressing* are **named** the same—*awarenessing, resiliencing, finishing, futuring, and victoring*—but their functioning and dimensions are different and appropriately suited to the *phase*.

Safetifying is done through *Phasic Protective Sequencing*, that is, through effective *combinations* of *protective* things that are done to *safetify* the individual (Memo P001). These are done within and across the *phases* of *before, during* and *after* an attack, depending on the requirements of the specific interpersonal violence instance (Memo P002). *Phasic Protective Sequencing* first takes place in the **before** phase (Phase 1), and thereafter either in the **during** phase (Phase 2) or the **after** phase (Phase 3) or in any combination of these (Memo P003).

Propositional exemplification of *Phasic Protective Sequencing*:

- Stockdale & Nadler (2012) indicate the connection between coping skills (see Phases 2 & 3 of the present study—dimensions of all processes especially the first 4 passages) and warning signals (see Phase 1—*observing signs*) which is an indicated grounding for the sequencing of *protectives* (protective actions) between *phases* in *Phasic Protective Sequencing*.
- Similarly, in Childress (2016) is found the association between *modulating* (through *taking abuse* in Phase 2) and *treatment* (under *Reclaiming* in Phase 3), again indicative of *Phasic Protective Sequencing*.
- As such *Phasic Protective Sequencing* happens constantly throughout *safetifying before, during, and after* interpersonal violence.

MAIN CONCERN—Endangering

Endangering produces *endangerment*.

Endangerment (danger) is the main concern of people who experience interpersonal violence.

Endangerment causes *safetifying*.

Endangering is the socio-structural process of the conditions of *the people* and *the elite* interacting with each other resulting in *danger—endangerment*. As such, these conditions and consequence combine to precipitate the socio-psychophysical (cf. Bender, 1952) process of *safetifying*. In other words, *endangerment* leads to *safetifying*, or *danger* leads to *making safe*.

Endangering

with interpersonal violence through

Contingent Contextual Conditioning

Greed and want lead to violence. The world is a dangerous place. In it *the elite* take the most for themselves and give *the people* a little. This leaves *the people* with few resources, and they invariably turn on and hurt each other. Thus is the provenance of interpersonal violence, and this process is called *endangering* (Memo E001).

The elite and *the people* conjuncturally cause *endangerment* of violence. See the table below. *Endangering* contains the amplifying reciprocal looping socio-structural conditions of *the elite* and *the people* which through conjunctural causal frequenting bring about a consequence of *endangerment (danger)*, with many people *setting* others *up* for acts of interpersonal violence. Thus, people are *endangered* through a process of interposing *conditions contingent* upon the dynamic social *context*, and hence the process is termed *contingent contextual conditioning*.

Table 24—Endangering referencing *The Elite*

MAIN CONCERN		Endangering with interpersonal violence through Contingent Contextual Conditioning socio-structural process (cf. Glaser, 1998)		
Precipitants	Process 2	Condition 1 (tools)	Condition 2 (subconditions)	Consequence
	Process 1	The Elite**	The People*	Endangerment
Aspect 1		Politics	Socialisation	Organised crime
Aspect 2		Inferiority projection	Cultural norms	Assault / Rape
Aspect 3		Legislation	Alcohol use	Domestic violence
Aspect 4		Enforcement	Patriarchising	Farm attack
Aspect 5		Town Planning	Poverty	Shooting/Stabbing
		amplifying mutual / reciprocal looping		
		conjunctural causal frequenting		

**independent/mediating variables/factors

*moderating variables/factors

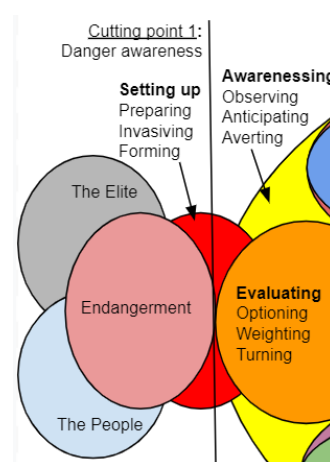
dependent
variable/
factor

cutting point

The Elite

The elite are those who have the most prestige, power, and money (Mills, 1956). *The elite* cause structural violence (cf. Galtung, 1969) and physical violence *endangerment*—see adjoining figure. They use *politics* as their daily context in which to favour themselves and neglect *the people*. They claim superiority for themselves and *project inferiority* onto *the people*. Their *legislation* purports to have *the people's* interests at heart, and *the people* usually buy it, but it is calculated to benefit themselves. They only *enforce* those aspects of the law that suit them, as after all, it is they who call the shots. *Town planning* is done for their convenience and for maximum social control, not for *the people's* sake (Memo E002).

The elite are self-serving, selfish, careless, ruthless, and disloyal. *The people* have a better chance of coexisting peacefully with no *elite* class (Demeter & Csaplár-Degovics, 2018). Insecurity about their identity and position (Demeter & Csaplár-Degovics, 2018) frustrates and angers *the elite*, leading to social pressures which often emerge as violence; they value and protect their own members, ignoring others (Gada, 2018). They invariably argue only in their own favour (Trédaniel & Lee, 2018). They centralise administration for greater authoritative control (Gada, 2018). *The elite* engage key NGO's and use resources for projects that benefit themselves leaving *the people* with little or no real support (Javakhishvili & Jibladze, 2018). *The elite* influence environmental and

Figure 11—Causation of *Endangerment*

social factors that impact on *the people's* tolerance levels (Besaw, 2018). *The elite* may align with terrorist groups to their own advantage (Mir & Moore, 2018). They feel threatened by powerful minorities and will crush them when necessary (Trédaniel & Lee, 2018; cf. Mpata, 2011). They define *danger* in their own way to exert *political* control (Trédaniel & Lee, 2018). *The elite* are bolstered by external interested parties, and are more interested in territorial autonomy than actual nation or state (Demeter & Csaplár-Degovics, 2018).

The elite are simply those who have the most of what there is to have, which is generally held to include money, power, and prestige—as well as all the ways of life to which these lead (Mills, 1956, p. 9).

In fact, *the elite* hog resources, such as socio-economic opportunity, wealth, basic services, and employment (Taliep, 2015; cf. Mpata, 2011).

Politics. *Politics* causes *endangerment* of violence. *The elite*, through *politics*, influence *the people* to violence (Codes 001-003; Gumbi, 2017; Pieterse et al., 2018).

When *the people* finally come to their senses and sweep *the corrupt elite* away, the true cyclical utility of *politics* will be seen in its corrective halting of the runaway escalative loop which causes *endangerment* (Gada, 2018).

POLITICS, n. A strife of interests masquerading as a contest of principles. The conduct of public affairs for private advantage (Bierce, 1998, p. 113).

The concept of *looping* is used fairly liberally in this metatheory, not out of any lack of synonymic variation, but due to its accurate conceptualisation of a perpetual round bending curve that intersectively feeds back into itself at random points and ultimately connects to its beginning:

cf. <https://dictionary.cambridge.org/dictionary/english/loop>

The elite pose the initial socio-structural condition (Glaser, 1998) in the destructive amplifying mutual loop (cf. Glaser, 2005a) with *the people*, by utilising the aspect of *politics* to betray the people, espouse radical racialism (Pretorius, 2014), cloak ethnocentricity (Gada, 2018), exercise political hatred (Code 0003; Pieterse et al., 2018), train attackers (Code 0002; Gumbi, 2017), and orchestrate attacks (Code 0001; Gumbi, 2017). These are carried out unofficially, but nonetheless politically, in order to harm sectors of *the people* deemed political opponents (Đorić, 2018). *The elite* control *politics*

(Haselschwerdt, 2013). *Politics* is essentially legitimated force (Đorić, 2018; Pérez-Tarrés et al., 2018). No amount of modernisation can remove religion, ethnicity, and culture from the tool of *politics* (Gada, 2018). Politically-inspired cultural symbols of weaponry, occupation, etc. work themselves into the fabric of society and become the *cultural norms* of *the people* conjuncturally causing *endangerment* (Besaw, 2018). Revenge *politics* is psychologically behind the backlash of *the elite* as they wrestle with their demons of erstwhile shame and alienation (Scheff et al., 2018). *Politics* invariably permits *patriarchising* to loop back into many expressions of *socialisation*, marginalising women and making them *frequent* foci of *endangerment* of many forms of interpersonal violence (Lamb, 2016). *Politics* empowers *the people* when they take it back from *the elite*, reform it, and the oppressive looping is muted, reducing *poverty* and *endangerment* (Kirlaw, 2012; Taliep, 2015). Change in the status quo of *the elite* and the plight of *the people* is key to a *safetifying* reduction in *endangerment* (Taliep, 2015). Mere talk about decreasing *endangering* should stop, and a real adjustment of the *politics* of *the elite* take place, producing a mutual moralisation of *the people* and conjuncturally a decrease in *endangering* (Taliep, 2015).

The more *politics* is corrupted and used to favour *the elite* and target *the people*, the greater the ensuing *poverty*, *alcohol use*, and *patriarchising* leading to increased *endangerment*.

Inferiority projection. *Inferiority projection* causes *endangerment* of violence. Social evolutionists believe that “superior races” have the right to dominate, subjugate, or extirpate “inferior races” (Scheff et al., 2018, p. 10). Because *the elite* have money and power, they view themselves as superior. For *the elite*, inferiority legitimates victimisation (Babu, 2019). Psychopathic *elites* resent superiors and view them as inferiors to be conned (cf. Ellis, 2014). *Inferiority projection* is a complex phenomenon stemming partially from incorrect masculinisation in the *socialisation* process (Simmons et al., 2016).

The stronger the feeling of inferiority that has been experienced, the more powerful is the urge to conquest, and the more violent the emotional agitation (Adler, 1964, p. 40).

The elite, past and present colonisers and colonised, *project inferiority* onto *the people* through *politics*, creating tension in *the people*, which is violently released on convenient targets, restoring self-respect (Code 0004; Pretorius,

2014). Self-respect is lost when some people have *inferiority projected* onto them, and they use the release of that tension (violence) to try to regain their self-respect. *Inferiority projection* is an escalative mutual loop—denying a multitude of opportunities, economic and social (Lamb, 2015)—cycling from the oppressed becoming oppressor, oppressing the oppressed who become oppressor, and so on (Pretorius, 2014). Somewhere, someone has to grow up and stop the cycle, step outside of themselves and say, “Enough is enough.” Here people try to *safetify* themselves from the *danger* posed by *inferiority projection* by *contributing* through *lobbying the elite* for change. Women have a double concern in the *inferiority* cycle, as, through *socialisation*, *cultural norms*, and *patriarchising*, they are not only politically but socially oppressed, becoming preponderant targets of *endangerment* and interpersonal violence (Babu, 2019; Mancera et al., 2018; Matsumunyane, 2014; Ruble, 2018). Literature and other media, both religious and otherwise, have a strongly negative socialising effect on *the people’s* beliefs and practice in regard to *projecting inferiority* onto women (Matsumunyane, 2014). *The people* need to take it upon themselves to implement proper teaching, interpretation, and handling of such resources in order to ensure a progressively positive change effect (Matsumunyane, 2014; Scheff et al., 2018). Instead of reacting adversely (Ruble, 2018), people *safetify* themselves against *inferiority projection* by *reclaiming* their right to equality, *asserting*, and *strengthening* themselves. *Reclaiming* gives people a sense of *self-belief*, appreciation, and *independence* which increases *assertiveness* and *confidence*, and *strengthens* their *awareness*, ability, and resolve to protect themselves and to stay safe.

The more *the elite project inferiority* on *the people*, the more *substance use* and *abuse* will occur and the more *patriarchising* will increase in reaction thereto leading to greater *endangerment* of violence.

The elite interweave their *politics* with *inferiority projection* thereby exacerbating the negative effects on the hearts and minds of *the people*, creating a downward spiral of socialised morale and upward spirals in reactive masculinisation, leading to propensity for and *endangerment* of violence.

The elite use *politics* and *inferiority projection* to underhandedly create and promote *legislation* which feather’s their nests, oppresses *the people*, and stifles the economy, all increasing *poverty* which stimulates *endangerment*.

Legislation. *Legislation* is often unrealistic, impractical, and illogical. A clear understanding of social structure, dynamic, protection, and support is lacking in much violence reduction and control *legislation* (Ryan et al., 2018). Inclusion of faulty reasoning and noble principles within criminal *legislation* can present massive loopholes or backfire (Ward et al., 2012), having the opposite effect of empowering criminal activity (cf. Ward et al., 2012).

If you are desirous of having good laws, burn those which you have at present, and make fresh ones (Voltaire, 1764).

(This is the first of only several non-academic quotes to illustrate the subject matter. Although Glaser's (2007) dictum is "all is data", these are not presented as data, but for exemplification purposes only. Refer also to Terre Blanche et al. (2006, p. 10), in which they state that the border "between scientific and non-scientific knowledge" is "currently in the process of being redrawn by social science researchers").

The blanket discardment of effective *legislation* in an attempt to revolutionise legislative frameworks can remove functioning violence prevention mechanisms, also resulting in non-stop violence escalation (Gumbi, 2017). *The elite's* concept, misuse, and neglect of *legislation* creates a socially and economically intolerable situation for *the people*, driving them to *alcohol*, *poverty*, and *endangerment* of violence (cf. Barton-Crosby, 2018). These structural conditions loop mutually, with *legislation* exacerbating *drunken impecuniary*, in turn exacerbating *elitist legislative abuse*, in turn exacerbating *drunken impecuniary*, and so on. This exacerbating mutual loop shears off in conjunctural causal frequenting of *endangerment* resulting in many incidents of interpersonal violence (cf. Glaser, 1998, 2005a).

A lack of police presence and legal support, coupled with excessive availability and supply of *alcohol* results in uncontrolled *alcohol use*, reduction in spendable income, negative psychological reactions, and acts of interpersonal violence (Memo on codes 0005-0009; Childress, 2016; Fitterer et al., 2015; Gumbi, 2017; Phetlho-Thekisho et al., 2013). Tailored *legislation* is required to control violence and temporo-spatial access to *alcohol* (Fitterer et al., 2015; Shaw & Travers, 2005, cited in Ward et al., 2012).

Legislation needs to be revamped and upgraded. Although much anti-violence *legislation* abounds, the vacuum of efficient, effective, and practically

(Rayment-McHugh, 2018) usable (Babu, 2019) cross-sectoral (Xia et al., 2018) *legislation*, allows *the elite* to prosecute their daily corruption whilst leaving *the people* to wallow in a world of indirection, ineffectuality, imprecision, ill-use, uncertainty, and *endangerment* (Memo 4 April 2020). Having a modern constitution filled with advanced values and human rights does a country little good if its *legislation* is inadequate (Babu, 2019) in backing it up (Pieterse et al., 2018; Sammut Scerri, 2015). Legislative change must be brought about (Pieterse et al., 2018). The role of symbolic violence in driving overt violence must be thoroughly analysed and taken into account in response and legislative initiatives (Pieterse et al., 2018). The public awareness, crime categorisation (cf. Babu, 2019; Hodge, 2016; Rayment-McHugh, 2018), and preventive power of specific well-drawn *legislation* should not be under-estimated (Pieterse et al., 2018).

Inadequate *legislation* absences checks and balances on *the elite's political inferiority projection, enforcement, and town planning*, and on *the people's poverty level and socialised cultural norms of patriarchy and substance abuse*, conjuncturally causing an *endangerment* of violence.

Safetifying can improve *legislation*. *The elite*, playing *politics*, but lacking insight, coordination, integration, political will, and accountability (Eisenbruch, 2018), cannot be relied upon to produce effective holistic interpersonal violence *legislation* (cf. Barton-Crosby, 2018; Sammut Scerri, 2015) to control, intervene (Lamb, 2016), prosecute, treat, protect (Baldasare, 2012), support (Ward et al., 2012), and prevent (cf. Childress, 2016; Javakhishvili & Jibladze, 2018; Ryan et al., 2018). Other *people* have to do it, including drafting, fast-tracking (cf. Rayment-McHugh, 2018; Glaser, 1998), and promotion efforts (cf. Babu, 2019; Childress, 2016; Friesen, 2018; Mason & Satchell, 2016; Taliep, 2015). *Safetifiers* contribute to this process by *getting involved* (cf. Egbodo et al., 2018; Hodge, 2016; Ward et al., 2012). (A *safetifier* is, as defined in Chapter 1 above, “a person who safetifies”. Thus, *safetifiers* are people who makes themselves and others safe, especially by using the principles of the *safetifying* metatheory generated in this study.)

Enforcement. Poor *enforcement* leads to *endangerment* of violence. Society is disintegrating, immigrants are entering illegally, firearms are stolen and sold, *alcohol* is available in excess, and there is *legislation* about all of these,

but *the elite* are too busy *projecting inferiority* and playing *politics* to ensure proper *enforcement* (Memo on codes 0010-0014; cf. Childress, 2016; Fitterer et al., 2015; Lamb, 2015, 2016).

The elite do not really understand what enforcement is all about. They do not readily see the vital link between research, operational practice, *legislation*, and *enforcement*; the importance of perpetrator psycho-environmental interaction eludes them (cf. Warren et al., 2018). Do they also, for example, know that *enforcement* is not mere brute force, but provision of an informed *safe* society where people have a sense of belonging (Ward et al., 2012)?

Enforcement lacks morality and morale. If not strategically executed, *enforcement* can result in a consolidation of the violent and an escalation in *endangerment* (Ward et al., 2012). Missing or ineffectual laws cannot be enforced; *legislation* has to be right to be of any use (Rayment-McHugh, 2018). So impotent is *the elite's* efforts at *enforcement* that *endangerment* rises, as ill-drivens run riot in their prosecution of all types of violence against the vulnerable, openly and behind closed doors. When there is no bridle or it is slipping from the head, the horse bolts and wreaks havoc. Leniency rules the day; enforcement is underfunded; officers are misled (Breckenridge et al., 2012), overloaded, traumatised, disrespected, distrusted (Miller & Becker, 2019; Ruble, 2018), blamed (Gumani, 2012), and sometimes intoxicated or violent (Lysova & Straus, 2019); perpetrators are handled with kid gloves (cf. Barton-Crosby, 2018; Gumani, 2012). Even the innocent are harassed and treated rudely and with contempt; law *enforcement* are commissioned by the arrogant *elite*; they must get their act together and stop being so full of themselves (Breckenridge et al., 2012).

The police must obey the law while enforcing the law (Warren, 1959, p. 320).

Enforcement is frighteningly incapable. This is an overall summative conceptual observation in light of rampant violence in many parts. It is not a reflection on the many good women and men in law *enforcement* capacities who work hard and do their jobs properly to prevent and overcome crime and violence. Gratitude and admiration are owed to such people (cf. Gumani, 2014).

Legislation does not include proper *enforcement* mechanisms (Childress et al., 2018; Ryan, 2018). Government officials—an extension of *the elite*—fail to

enforce legislation at all (Russell et al., 2013; cf. Ruble, 2018), or do so inaccurately, erratically (Baldasare, 2012), or with negative emotion, skewed loyalty, patriarchy, or prejudice; they are full of appearances, ineffectuality, pre-emption, and offence (Childress, 2016); they seem to be busy with *enforcement* but neglect lethality / danger / threat assessment (Miller & Becker, 2019; Warren et al., 2018), prevention (Lamb, 2016), and follow-up work (Fry, 2014). *Enforcement* failure leads to confidence loss and vigilante and other forms of violence, creating further *endangerment* (Lamb, 2016). Punishment likelihood must be traded for punishment severity (Lamb, 2016). That is, instead of having severe punishments which do not get applied, it is better to have lesser punishments which are likely to be applied. *Legislation* to curtail *alcohol* and violent media supply needs to be enacted and thoroughly *enforced* (Ward et al., 2012).

Real *enforcing* is when officers of the law respond to calls for victim help, arrive, diffuse the situation, take reports, prosecute, do follow-ups, give advice, and do patrol checks (Memo 0733, based on Fry, 2014).

Political will and effective *legislation*—and to a lesser extent structurally-sound *town planning*—can have a positive moderating effect on *enforcement* resulting in reduced *poverty* and *substance abuse* and a lowering in violence *endangerment*.

Safetifying contributes to *enforcement*. When *the elite* do not do their job or do not get their minions to do it, then *the people* have to step in and hold their feet to the fire. They have to force the *enforcers* (cf. Daruwalla et al., 2019). *Safetifiers* help themselves and others by *calling for*, *giving*, and *receiving help* at appropriate times; this is an *averting danger* tactic, a *during attack* response, or a *victoring passage* step, illustrating *Phasic Protective Sequencing*. Communities can be *safetified* not only by forcing the enforcers to *enforce* (cf. Ward et al., 2012), but by *contributing* in *dialoguing* (Pieterse et al., 2018), and *supporting* and *training* others in *enforcement* and safety (Ward et al., 2012).

Town planning. *Town planning* is a tool of oppression. This is a statement conceptualised from the preponderance of emergent information in this metatheory. It is not exclusionary. Town planning is therefore other things as well, including good, but that is not the current emergent aspect of it.

Town planning is the fifth aspect of *the elite* which they wield—or not—in their arsenal of structural *tools* against *the people*. *The elite* use *politics* to *project inferiority* onto *the people*, and *legislation* and *enforcement* or lack thereof for their own advantage within a *town planning* or lack thereof framework, as long as it serves the true purpose of keeping *the people poor*, powerless, self-obsessed in turmoil, and violent.

Town planning ignores, isolates, and exposes the people. *The elite's* real *town planning* is minimal to non-existent, only doing what serves in their best interest. They build whole towns for corporate profit and control, with nary a thought for the oppression and difficulties it presents to *the people* (Mabin, 1993). *The people's* privacy and *safety*, especially that of women and children, are neglected in *town* and even home design (Greed, 2002). Otherwise *the people* live in remote places, secluded, without security, or are compelled through onerous *legislation* to settle informally, always being soft targets with little or no law *enforcement*. This facilitates *endangering*, resulting in much interpersonal violence which *the people* must endure (Memo on codes 0015-0020; Gumbi, 2017; Phetlho-Thekisho et al., 2013).

'Social town planning'...[is]...any movement to introduce policies that take into account more fully the needs of the diversity of human beings who live in our towns and cities, (which...mainstream town planning has failed to do) (Greed, 2002, p. 4).

Town planning requires reformation—review, revision, and revamp. It is high time *the elite* and their *town planning* cronies put aside their formal application of strict structural planning and design and open up their thinking to a humane geographic—“spatial political economy”—as a better approach to regional and urban planning (McLoughlin, 1994, pp. 1112, 1116). Places need to be conceived of as boundaryless moments of articulation of social connection and understanding (Massey, 1991, cited in Greed, 2002). This could help communities function spatially in *safer* and more convenient, pleasing, and practical ways.

“Boundaryless” should be realistically viewed within smaller, controllable community contexts. This is not to dispense with the necessity for certain fencing, boundaries, and borders for safety and security management.

Good *town planning* weakens *endangering* and reduces violence. When *town planning* is judiciously and meticulously done, *the people* are free to trade

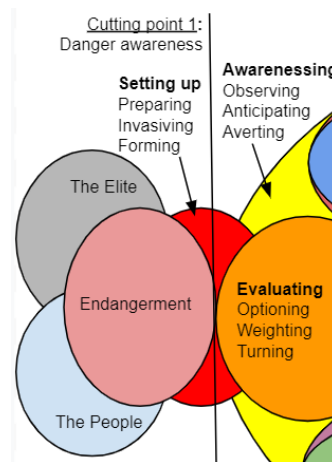
and lift themselves out of *poverty*, to embrace *sobriety* and positive *masculinity* (cf. Goodwin, 2020; Glaser, 1998), and to redevelop *cultural perspectives* of social equity and justice, conjuncturally causing a defrequenting (cf. Glaser, 2005a) of *endangerments* of violence.

The people safetify their environment—home, town, city, and country—by *connecting, helping, and contributing* in *dialoguing, getting involved, and lobbying*.

Figure 12—Role of *The People* in *Endangerment* causation

The People

The plight of *the people* causes endangerment—see adjoining figure. The people are *socialised* according to the limitations and errors of their cultures. *Cultural norms* like *alcohol abuse* and *patriarchising* lead to enormous hardship, interpersonal violence, and suffering. They often lead to *poverty* (Memo E003). *Poverty*, however, is not necessarily a *cultural* consequence, but is most often an indirect structural consequence of the greed, neglect, and incompetence of *the elite* (Memo E004). As *the elite* strive ever for more control, resources, money, and power, *the people* are left with very little to contribute to their survival. This leads to hunger, frustration, and demoralisation. Some resort to crime to fill their baskets or bellies. Others turn to *substance abuse* for diversion and to quell meaninglessness. Some cannot control themselves. Many resort to violence against each other (Memo E005).



Marginalisation of *the people* causes *endangerment*—see the adjoining table. *The elite* emerge from *the people* by making their money, honestly or dishonestly, and attain a high degree of popularity, power, and interest in the affairs of the economy, military, and

Table 25—Endangering referencing *The People*

MAIN CONCERN		Endangering with interpersonal violence through Contingent Contextual Conditioning socio-structural process (cf. Glaser, 1998)		
		Condition 1 (tools)	Condition 2 (subconditions)	Consequence
Process 2	Precipitants	The Elite**	The People*	Endangerment
Aspect 1		Politics	Socialisation	Organised crime
Aspect 2		Inferiority projection	Cultural norms	Assault / Rape
Aspect 3		Legislation	Alcohol use	Domestic violence
Aspect 4		Enforcement	Patriarchising	Farm attack
Aspect 5		Town Planning	Poverty	Shooting/Stabbing
		amplifying mutual / reciprocal looping		
		conjunctural causal frequenting		
		**independent/mediating variables/factors		
		*moderating variables/factors		

politics (cf. Mills, 1956). From their perspective, *the people* are viable targets (cf. Kalkavan, 2018), existing only for their benefit, and they exert their “group feeling” of loyalty and solidarity over *the people* as long as they can and the people allow it (Gada, 2018, p. 191; cf. Gumani, 2012). The elite make constitutions for the people “by the people”, but it does the people little good, as it is cherry-pickingly *enforced*, resulting in widespread disadvantaging of *the people*, abuse (cf. Demeter & Csaplár-Degovics, 2018), lack, want, and *endangerment* (Pieterse et al., 2018).

Let the people think they govern, and they will be governed (Penn, 1807, p. 337).

The people can scale *endangerment* down. *The people* are everywhere, knowledgeable (Kirlew, 2012) and resourced by nature, yet allocated, relocated, and deprived by *the elite* (Gumbi, 2017), each with their own *culture* (Higson-Smith et al., 2005, cited in Gumani, 2012), subculture, relationships (Gumani, 2012), characteristics, and value (Van der Merwe, 2013), craving freedom (Demeter & Csaplár-Degovics, 2018) in geographic locations and contexts (Higson-Smith et al., 2005 in Gumani, 2012) with their own distinct signatures of violence (Gumbi, 2017). *Attackers* emerge from *the people* (Gumbi, 2017). They are *socialised*, *cultural* products of *patriarchising*, *substance abuse*, and *poverty*, pressured by the reactive *political inferiority projection* of *the elite* unleashed in an *unenforced legal* vacuum of time and space. Some are thoughtless (cf. Mpata, 2011) and phase-limited, others are life-persistent *attackers*, shrewd (Gumani, 2012), distorted (cf. Warren et al., 2018), and *neuro-socialised* from childhood to be violent (Ward et al., 2012). *Endangerment* results, with many going over the tipping point into full-blown *attack*. *The people* are unprotected (Phetlho-Thekisho et al., 2013) nervous wrecks, frightened (Gumani, 2012), constantly on their guard (Gumbi, 2017), and traumatised (Gumani, 2012), viewed as feasible targets (cf. Besaw, 2018; Kalkavan, 2018; Lien & Lorentzen, 2019), suffering violence and loss, and dying needlessly at the hands of ruthless killers (cf. Gumani, 2012; Mpata, 2011). *The people* desperately need *understanding*, rapport (Eisenbruch, 2018), *help* (Gumani, 2012), and *transformation* (Ruble, 2018), but above all, they need *safetifying* through *Phasic Protective Sequencing*.

The people can initiate *dedangering*. *The people* can re-socialise, reject unfair *cultural norms*, detox *patriarchy*, stop *alcohol use*, and pull themselves up out

of *poverty*, by way of espousing various *safetifying* mechanisms elucidated in this metatheory. They have to want to though. Some do. More could. More should. It could change the *politics* of *the elite*, neutralise their *inferiority projection*, improve *town planning*, *legislation*, and *enforcement*, and lead to a diminishing of *endangerment*. To change these might require passive resistance, defiance campaigns, and civil disobedience against the unjust *politics*, *attitude*, *laws*, etc. of *the elite* (Duncan, 1956).

Dedangering is the emergent *safetifying* process in this study for Phase 1—*safetifying* before an attack/violence. It can of course be carried out on a macro level in a somewhat different fashion still using *Phasic Protective Sequencing* to achieve the ends laid out in the preceding paragraph.

In the meantime, *socialisation* generally plays an unproductive role in the overall effect of *the people* on *violence*.

Table 26—Locating subconditions in *The People's endangering* role

MAIN CONCERN		Endangering with interpersonal violence through Contingent Contextual Conditioning socio-structural process (cf. Glaser, 1998)		
		Condition 1 (tools)	Condition 2 (subconditions)	Consequence
Precipitants	Process 2	The Elite**		
	Process 1	The People*		
	Aspect 1	Politics	Socialisation	Organised crime
	Aspect 2	Inferiority projection	Cultural norms	Assault / Rape
	Aspect 3	Legislation	Alcohol use	Domestic violence
	Aspect 4	Enforcement	Patriarchising	Farm attack
	Aspect 5	Town Planning	Poverty	Shooting/Stabbing
		amplifying mutual / reciprocal looping		
		conjunctural	causal	frequenting
		**independent/mediating variables/factors		*moderating variables/factors

Socialisation. *Socialisation* causes violence *endangerment*. How *the people* are nurtured (*socialisation*) is the first aspect/subcondition—see above table—in the *endangering* socio-structural condition of *the people* as they interact in an escalative mutual loop with *the elite*, conjuncturally causing *endangerment*.

Socialisation leads to violence. It starts with *parenting*. *The people* are all brought up by parents or guardians (Hodge, 2016). Some parents/guardians resent and take advantage of others for various reasons. This they bequeath to their children and generalise it to whole groups of people. Hatred sets in. Personalities are disordered (cf. Ward et al., 2012). Revenge is experimented with, sometimes violently. If it “works”, hardening takes place. *Substance abuse* runs like a thread through this whole process, intertwining, binding, impelling.

The offspring become fearless. Some are *politically* motivated. Their unacknowledged sense of *inferiority* is set like a cocked pistol. *The law* is so disjointed, they think they can evade it. *Enforcement* is weak. *Town planning* or lack thereof is played like a fine instrument. They have no regard for the space or rights of other people. Their sensibilities are highly tuned and amplified. They can explode at any moment, and they will. They will *attack* (Memo on codes 0021-0031; Ellis, 2014; Gumbi, 2017; Lamb, 2016).

A liberatory consciousness enables humans to live “outside” the patterns of thought and behavior learned through the socialization process that helps to perpetuate oppressive systems (Love, 2000, p.599).

Socialised violence is a sorry cycle. *The people* are lifelong socialised into class subcultures which articulate *cultural norm*, custom, ideology (Hodge, 2016), orientation (Haselschwerdt, 2013), value, and belief (cf. Handel et al., 2007, cited in Haselschwerdt, 2013). Thus, habits and skills are passed down from one to the next generation (Hodge, 2016). Boys are *socialised* to conceal emotion (Hodge, 2016; Mpata, 2011) and be outwardly (Ward et al., 2012) fearless; fearlessness requires aggression to bolster it (Hodge, 2016); aggression leads to interpersonal violence. Girls and women are *socialised* to internalise (e.g. to worry; Ward et al., 2012), be passive, be conservative (Boafo et al., 2014), yet emotional (Mpata, 2011), and to believe that males are entitled to beat them (Womankind Worldwide, 2011, cited in Baldasare, 2012). Children are also positively and negatively *socialised*, learning to be pro- and anti-social (Ward et al., 2012) from a young age, often inappropriately (Baker-Henningham, 2018), by role models (Ward et al., 2012), and other children and adults around them (Hodge, 2016; Ward et al., 2012). Peers *socialise* peers, so if the family groundwork is not good, negative peer influence may outweigh it, pushing the individual to delinquency and violence (Hodge, 2016; Ward et al., 2012). Media, screen, digital, and television violence is strongly associated with youth aggression (Ward et al., 2012). Why do *the elite* ruling class pump *the people's* news and entertainment full of the concept of violence as a way of resolving conflict (Ward et al., 2012)? To break down, preoccupy, and manipulate. As long as *the people* are so busy fighting each other, there will be no time or resources to figure out how to resist *the elite*.

Socialisation builds paradoxical stress and nonchalance. Exposure to violence removes social buffers and desensitises people to violence, numbing

them emotionally. Victims may build up environmental fear or question their sanity (Memo on codes 0679-0684; Childress, 2016; Gumbi, 2017; Manyema et al., 2018). Exposure to interpersonal violence means actual physical contact by the perpetrator or witnessing a violent event, like a person smashing a jug on the floor right in front of you—glass pieces could hit you. In any event, the experience of *danger* can be more distressing than actual physical contact, which amounts to emotional or psychological violence (Memo 0679; Manyema et al., 2018).

Socialisation requires internal rebuilding. Certain parameters reciprocally (cf. Ward et al., 2012) loop with *socialisation* to escalate *endangerment* causing violence. *Legislation* sets up the socio-structural parameters for *socialisation* of violence, weakening *protection* and *impoverishing* (cf. Gumbi, 2017), by discriminating racially (Norman et al., 2010), controlling influx, delineating areas, removing forcibly, and disrupting traditional social systems (Lamb, 2016). *Socialisation*, in turn, contextualises, fosters, and supports violence, by violence-legitimizing attitude and belief systems being unconsciously implemented in the way people are compelled to live; these systems of thought need to be vigorously withstood, dismantled (Mason & Satchell, 2016), and reconstructed (cf. Gumbi, 2017).

The people safetify from hatred and *socialised* violence by *resisting* and *training*. These processes are explicated in Phases 2 and 3 below.

Cultural norms. *Cultural norms* cause *endangerment*. *Socialisation* of the people creates *cultural norms* influenced by the elite's politics, inferiority projection, legislation, enforcement, and town planning, and shaped by poverty, patriarchising, and alcohol use (substance abuse). These *norms*, being often deleterious, *endanger the people* by capacitising some to various acts of violence.

The *cultural norm* is violence. As previously indicated, some of the people are *socialised* to hate. Although hating others is often a reflection of a person's own self-loathing and low self-image, it nonetheless serves a purpose of artificially stabilising the individual in a focus on some fictive goal. Hating *culturally* comes about when hate cloisters about the individual's self-assumed social primacy and importance and is projected onto an opposing or outside

group or type of person. It is rooted in *social deprivation* and conflict and emerges as a normalised, everyday *violencing*. It is *cultural violence*. Modernity has brought with it a plethora of violent images on television, film, and the Internet, heightening *endangerment* by ingraining into *the people* the erroneous belief that disagreements can best be solved through violence. Illegal acquisition and reckless use of firearms is exemplified and glorified, role-modelling for the people an entitlement to violence which becomes so permeative in society that it evolves into a tacit permission to use force. Cumulatively these impinging factors create a socio-neurological disinhibitive structure within *the people* to which some relent, allowing a relatively free utilisation of interpersonal violence. This cyclically multiplies further entrenchment of the erroneous belief, breeding more violence, which becomes the cultural norm. Thus is the provenance of the *culture of violence* (Galtung, 1990; Lazar, 1998; Makanga et al., 2017; Pieterse et al., 2018; Van der Merwe, 2019; Vogelmann & Lewis, 1993).

Most conduct is guided by norms rather than by laws. Norms are voluntary and are effective because they are enforced by peer pressure (Collier, 2007).

Cultural norms can be changed. Evaluation and interventions for stopping interpersonal violence must be grounded in, emerge from and be integrated with the diversity of traditions and *cultural norms of the people*. The interplay of endowment, *poverty*, character, ignorance, immorality, incompatibility, impunity, hegemony, exploitation, entitlement, desire, scripting, *alcohol*, confusion, anger, indiscrimination, blaming, and mishap should be analysed, understood, and employed. *Cultural* capital use and insight and input from and collaboration with *cultural* and religious informants, experts, and brokers is indispensable. Biases, constructs, myths, and ways of behaving and being, need to be questioned, and new relevant (Childress, 2016) androcentric (Kent, 2011, cited in Eisenbruch, 2018) *cultural norms* and values admired, aspired to, developed, and trained. Willy-nilly application of a specific anti-violence intervention from one *culture* to another is not only disrespectful to the recipient people but likely to receive resistance or turn out to be inadequate if not completely useless (Eisenbruch, 2018).

Safetifying changes cultural norms. Those who know how, *safetify* from the *cultural norm* of violence by *understanding, anticipating trouble, shrewding, and averting danger, reclaiming and asserting, capacitating, stopping attackers, healing, selfsupporting, and strengthening, resisting, determinating, growing,*

helping, supporting, and training. This helps to create a *culture* of *safety* and nonviolence. Thus integrates *cultural norm* with the dimensions of the rest of the theory of *safetifying* through *Phasic Protective Sequencing*; see Phases 2 and 3 below.

Alcohol use. *Alcohol* accentuates endangerment. *Endangering* is the socio-structural process of the escalative reciprocal looping of the pressure and neglect of *the elite* and the resistance and reaction of *the people* fuelled by *alcohol* (and other substances) to conjuncturally create an atmosphere of *endangerment* from which springs interpersonal violence.

Alcohol and *substance use* (e.g. drug use), are strong facilitators of interpersonal violence including intimate partner violence against women (Lamb, 2016; Makanga et al., 2017; Russell et al., 2013), and *alcohol* availability (Childress, 2016) is positively correlated with interpersonal violence increase (Phetlho-Thekisho et al., 2013; Memo on codes 0044-0046).

I'm very serious about no alcohol, no drugs. Life is too beautiful (Carrey, cited in Leung, 2004).

I gave up drinking alcohol. Not drinking makes me a lot happier (Campbell, cited in Express, 2013).

Alcohol use should be restricted. Although many people drink *alcohol*, large numbers of people abstain from it. Taverns, shebeens, and other informal *alcohol* outlets, including mobile ones, encourage heavy drinking. The use of *alcohol* by pregnant women is seen as an interpersonal violence assault on the developing child resulting in foetal alcohol syndrome. *Alcohol* dependence is high among some people where a disproportionate amount of money is spent feeding the habit, leading to deep levels of lack and *poverty*, and resulting in *endangerment* of theft and violence. *Cultural norms* of violence acceptability and minimising the risk involved in *alcohol* and *drug* consumption exacerbates the problem. Violence increases *alcohol* use which leads to further violence, presenting a pattern of cyclical causation. Drinking patterns must be changed to get the people out of this morass (cf. Russell et al., 2013). *Alcohol* legislation and policy must be tightened so access and availability is restricted. Price increase, trading hour restriction, and outlet number limitation reduce violence incidence (Fitterer et al., 2015).

People do not know how to drink moderately; some become violent after one drink; *alcohol* should be banned or at least strictly controlled (Memo 0074).

Targets or victims of violence should not drink *alcohol* or use *substances*. When long-term assessing her chances of *safety* associating with drinkers, a victim can see how repetitions of attacks are always possible, until the offenders stop drinking, or she stops associating with them. Stopping drinking also applies to herself if a drinker, as inebriation can lead to obstreperousness and argumentativeness which can exacerbate a potentially volatile situation (Memo 0672; Childress, 2016).

Alcohol use causes endangerment. Alcohol use by the people, conjoined with cultural norms and patriarchising, loop back into the lack of legislation, enforcement, and town planning to cyclically escalate and conjuncturally cause endangerment of violent attacks on the people.

Safetify from alcohol use. How does a person deal with substance-induced violence? *Decisiving, fleeing, relinquishing, reclaiming, asserting, reporting, calling for help, counselling, and strengthening* are all *protectives* that the victim can *phasically sequence* in the process of *safetifying* from alcohol-/substance-induced violence to a state of *safety* and *victory*. Thus, main concern (*endangerment/danger*) finds resolution through various dimensions and properties of *safetifying*—see Phases 1, 2, and 3 below.

Patriarchising. *Patriarchising* both drives and exacerbates *endangerment*. Violence reinforces *patriarchising* which leads to further violence—as a way of exerting control (Barton-Crosby, 2018)—presenting another exacerbative pattern of cyclical causation (Ruble, 2018). *Patriarchy* gives men an imbalance of power (Stockdale & Nadler, 2012). It is private and public, macro and micro (Lawlor, 2014). It is insidious and interwoven throughout society. *The elite* rose to the top by *patriarchising*; they deliver their *political* machinations with *patriarchy*. They *patriarchally project inferiority* onto *the people*, especially women (Babu, 2019). *Legislation* is *patriarchal*; so is *enforcement*. *Town planning* is all about emboldening *men's* hold on things. *The people* were *socialised* by *patriarchs*, sometimes *intoxicated*, sometimes ground by *poverty*, with *patriarchal cultural norms* (cf. Sammut Scerri, 2015). No wonder the majority of men *patriarchise*, and with it often comes violence (cf. Ruble, 2018). This self-fulfilling amplifying loop of aggrandisement, arrogance, and

aggression must be short-circuited and stopped. Although *changing* and overturning *patriarchy* is not easy and requires time and effort (cf. Babu, 2019; Ruble, 2018), women should not *patriarchally* bargain their rights away (Kandiyoti, 1998, cited in Lawlor, 2014). In the meantime, situational violence prevention measures—for example in the workplace and public transport—should be used (Babu, 2019).

Patriarchy is intransigent. Some causal factors of interpersonal violence are subtle and ingrained, such as *toxic patriarchy*, which, as the underlying belief in the superior rights of males, often gives expression to various forms of domestic violence.

Some gender norms are healthy, some are unhealthy - you must wake up from the patriarchal sleep to recognize which is which (Naskar, 2019).

Patriarchising is essentially toxic. The world is filled with *changing cultural values*. This can be good and bad. Often it is good, with an easing of the predominant oppressive view of women, for example, but for the most part men continue to in some way view women as children. This fatherly or *patriarchal* mindset makes men feel powerful, and that they have the right to dominate women and children, even other “inferior” men. Given any resistance, these *patriarchisers* become violent, resulting in increased subordination (Lawlor, 2014) and submissiveness from their victims, and an amplification of *patriarchising*, which in turn can become ever more violent, if there are no intervening factors. This is the essence of *toxic masculinity* (Memo on codes 0047-0052; Matsumunyane, 2014; Taliep, 2015).

Patriarchising can be withstood, reshaped, and refined.

The following is a classic grounded theory researcher perspective and insight (cf. Breckenridge et al., 2012; Glaser & Strauss, 1967) parodic intoxicated toxic-masculinity emergent exemplification:

A man sees himself as superior because he has a penis and some extra muscle. His father told him he is superior. He sees himself as entitled because he has a foreign substance coursing through his veins. Other men told him he is entitled. Of course, the man believes everything he is told. And, because he is a fool and cannot think for himself, he succumbs to his primal urges to be a recking machine just like his father, or uncle, or other male role model was.

(This is not to say that all men are fools. This is merely the exemplification of the potential malleability of *patriarchising* using the example of a man who is a fool.) He only brings pain and sorrow and sadness wherever he goes. Imagine how proud he could be to be different. Who wants to be like everyone else? Imagine how good he could feel, to be considerate, kind, and gentle and make others feel the way he would love them to make him feel. Imagine a world in which patriarchising means looking after women and children with the tender loving care of an empathic, gentle father, ever concerned with their welfare and progress in self-realisation. What a wonderful world it could be.

Victims of *patriarchising* *safetify* by *tacticking*, *resisting*, *protecting*, and *stopping attackers*, and by *perspectivising*, *asserting*, *liberating*, *connecting*, and *enforcing*.

Poverty. *Poverty* causes *endangerment* of violence—sometimes. Violence increases faster than inequality (Code 0054; cf. Harris & Vermaak, 2015). *Poverty* leads to argument and violence (Childress et al., 2018). Stressful events in the home, brought on by lack of resources and other factors, are strongly associated with interpersonal violence (Memo 0777; Manyema et al., 2018). Not all poor communities are violent. *Poverty* is a crucible in which a mix of other factors lead to *endangerment* and violence (cf. Ward et al., 2012).

How does *poverty* cause *endangerment*? When a person has no job, next to no income, is hungry, resentful of *the elite* and in fact anyone marginally better off, has been *socialised* into the *cultural norm* of *patriarchising*, is manipulated *politically* and *legislatively*, neglected in *enforcement* and *town planning*, he may turn to *alcohol* for solace and resort to violence. Here *elite-engendered poverty* constricts *the people*, with *alcohol* (any substance abuse) catalytically producing *endangerment*, knife-edging into violent attacks. Thus is the escalative causal loop of *elite* and *people* socio-structural conditions conjuncturally causing constant *endangerment* with frequent expression of interpersonal violence (cf. Code 0053; Gumbi, 2017).

How does *poverty* start and perpetuate itself? *The people* are *socialised* into a *cultural norm* of individualistically doing what they like. They throw caution to the wind, engage promiscuously in sexual intercourse, produce too many mouths to feed and bodies to clothe, educate, house, support and *safetify*. *The elite*, who dug, sprang, or climbed their way out of lack and *poverty*, *politically*

project inferiority onto *the people* and neglect *town planning* which escalates breeding running unchecked by *legislation* and *enforcement*. In fact, *the elite* provide *legislation* for *the people* which encourages breeding, substance abuse, and impecuniary. *Poverty* is ever produced and ever present.

“Breeding”, here, is not used derogatorily, but from *the elite’s* perspective in its *inferiority-projected* contextual fundamental mammalian sense. Ultimately, however, procreation is mating and producing offspring, which equates to breeding (Lexico, 2020).

Household poverty may be a key reason that children experience abuse and, in turn, common mental disorders in young adulthood. Structural interventions for food security, employment, and parenting are essential to break the intergenerational nexus of poverty, trauma, and health in peri-urban settings (Hatcher et al., 2018, cited in Gould et al., 2019, p. 3).

Redistribution of wealth can reduce violence *endangerment*. *Poor* children experience more violence and are more violent. Unequal allocation of social, *political*, and economic resources to *the people* by *the elite*, via avenues of *legislation*, *town planning*, and *enforcement* (e.g. as in apartheid), interacts with *poverty* and *cultural norms* (patriarchy; substance abuse) to create *endangerment* of violence. Partially-funded social services for the poor are not sufficient. *The elite* must give more, not from people-funded taxes, but from their own wealth resources. *Safetifying*, in a macro sense, requires the equitable distribution of resources (i.e. inequality reduction) with concomitant wealth increase among the poor, removing some of the motivation for violence (cf. Gould et al., 2019).

Female *poverty* induces violence *endangerment*. Violence restricts *the people’s* mobility and choices, more so for women, *impoverishing* (Romito et al., 2005) them beneath the average level. This makes them increasingly vulnerable to violence—another causal circle. Education and employment (cf. Childress et al., 2018; Taliep, 2015) denial, polygamy (cf. Ruble, 2018), wife battery, rape, refugee abuse, and female genital mutilation, coupled with child and forced marriages, property grabbing, and honour-killing, unnecessarily and inexcusably destroy, damage, diminish, devastate, and *impoverish* innocent, beautiful people (cf. Baldasare, 2012). Even some monied women live in “functional poverty” being patriarchically denied access to any funds (SHALVA, 2010, cited in Haselschwerdt, 2013, p. 4).

Structural *poverty* causes *endangerment*. Structural or indirect violence is the selective *enforcement* or not of certain socio-economic opportunities and amenities which adversely affect certain groups or communities rendering them worse off and *poorer* than others (cf. Galtung, 1969, cited in Lamb, 2015). Thus, *the elite* are ultimately responsible for the *poverty* of *the people*, and their silent violence makes *the people* violent.

Why are the *poor* violent? This is not to suggest that all poor people are violent, but simply to seek reasons why a lot of violence is occasioned by people from poor backgrounds.

Relative inequality more than *poverty per se* is significantly correlated with violence, although *poverty* itself is also positively associated with violence. Poor people may fight, kill, or try to kill out of frustration or to rob (cf. Harris & Vermaak, 2015; Ruble, 2018). They may be driven by social or class stigma (Ruble, 2018).

Poverty's contextual characteristics lead to violence *endangerment*. *Poverty* is inseparably causally linked with *alcohol*, drugs, tik (crystal methamphetamine; Lamb, 2016), *patriarchy*, and firearms, in regard to origination of violence (Seedat et al, 2009, cited in Lamb, 2016). Overpopulated, crowded (Taliep, 2015) informal settlements and large sprawling townships with marginalised infrastructure are usually *poor*, high violence areas (Lamb, 2015, cited in Lamb, 2016).

Poverty causes farm attack *endangerment*. If *poverty* is a main reason for farm attacks, why do attackers not go in, rob, and get out? Instead they make a ritual of torturing, tormenting, and murdering innocent, hard-working people. Does this improve their *poverty*? Or, if someone treats you unfairly, do you farm attack them? Or are there other civilised ways of approaching the matter? Structurally, farm attacks exacerbate *poverty* by removing the farmer as a breadwinner for his extended family and employer for his employees, and by removing food supply from the market, making food scarcer and dearer, and ultimately making the perpetrators, their families, and communities *poorer* than before (cf. Gumbi, 2017). *Poverty* motivates farm attack which is spurred on by racial *politics*, group *inferiority projection*, lack of *legislation* and *enforcement*, and inadequate *town planning*, and exacerbated by reverse *patriarchising*,

negative *socialisation*, hate-based *cultural norms*, and *substance abuse*, resulting in a profusive violence *endangerment*.

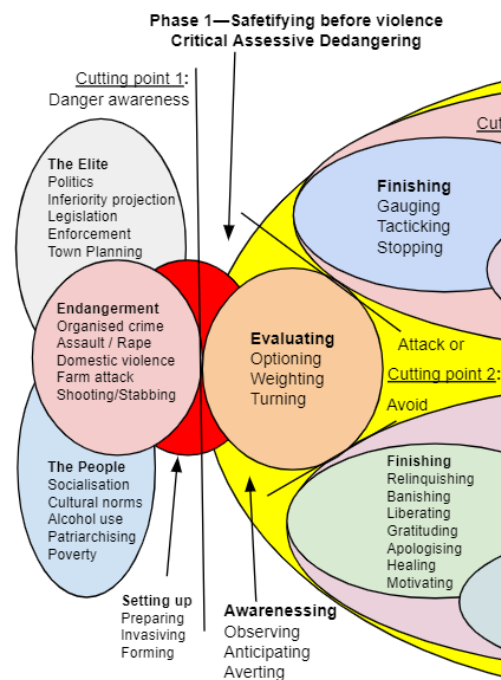
The elite structure *poverty* through the tools they wield (e.g. party *politics*), and *the people* conjointly spawn and maintain their own *poverty* through various accessories which they engage (e.g. counterproductive *alcohol use*) causing violence *endangerment*.

People can *safetify* against *poverty*-induced violence by *learning*, *motivating*, *organising*, *helping*, *supporting*, and *training*. This theoretically integrates *poverty* into the metatheory of *safetifying*—see properties and dimensions of Phase 3 below.

Endangerment

Endangerment causes violence attacks—refer to the adjoining figure. *The elite* take advantage of *the people's* plight wherever they can and head crime syndicates which wreak tremendous havoc across communities. Bands of youth attack farms, invade homes, kill, maim, rape, and pillage (Memo E006). *The people* frustrated at home, school, or work perform violent acts against spouses, siblings, scholars and workers. Everywhere *people* are in *danger*. *Endangerment* has become the sign of the times (Memo E007). *Endangerment* can at any moment trigger an attack when *safetifying* instantly kicks in (Memo E008).

Figure 13—*Endangerment* causing violence attacks



Endangerment is resolved through *safetifying*. *The elite* politicise, project, legislate, enforce, and plan in such a way as to leave *the people* in *poverty* and open to the ravages of *socialised norms* of *patriarchy* and *substance abuse*, leading to social *endangerment* which triggers interpersonal violence. In this milieu, the people have to *safetify* themselves through certain *protective* measures.

Endangerment is my choice of word emergent upon reflection on the *danger* (main concern) to which the structural factors of “*endangering*” lead. It was confirmed in a thesaurus search on *danger*—14 March 2020:

<https://www.thesaurus.com/browse/danger?s=t>

Endangerment exists as a result of the precipitating process of *endangering* (cf. Childress, 2016; Monahan et al., 1993; Trédaniel & Lee, 2018; Warren, 1959)—the escalative reciprocal looping between *the elite* and *the people’s* structural conditions—that can at any moment threaten an *attack*, when appropriate types of *safetifying* are spontaneously activated (Memo 0055).

Endangerment is a wrongdoing distinct from *attacking*. It is the creation of a harm risk. A verbal threat, abuse, or insult is also *endangerment*. If its intention is to cause fear, it is an *attack*—psychological. People are responsible not to cause a harm risk to and not to *attack* others. *Endangerment* can be reckless, negligent, or indifferent, as in *the elite* summarily changing, removing, or failing to enact certain *legislation*, or *the people* using the worst of their *cultural norms*, like *patriarchy*, *substance abuse*, and *indiscipline*, to create the risk of harm to others. *Endangerment* is often noticed only when the harm is done. A person acting with the intention to *endanger* is not busy with *endangerment*, but with *attack preparation*. He is hostile. If a harm risk is removed or dissipates, *endangerment* disappears. If an *attack* fails, *endangerment* may still persist. If the *endangerment* intender actualises the risk, his *attack preparation* becomes an *attack* (Duff, 2004).

Hence, *endangerment* is harm risk to the psyche and body. Domestic physical *attacks* (“intimate terrorism”), which plainly are past the harm risk and *attack preparation* stages, being actual *attacks*, are taken by some to be part of personality *endangerment* (Gloor & Meier, 2012). In other words, *endangerment* leading to actual physical violence (*attack*) presents other *endangerments* including harm risk to an individual’s personality.

Because of the potential for significant psychological or physical harm, not only assault, but threat and *endangerment* are automatically taken by others to be part and parcel of interpersonal violence (Privitera et al., 2005).

You know the world is in an uproar. The danger zone is everywhere (Charles, cited in Robinson, 1996).

He who fears dangers will not perish by them (Da Vinci, 2009).

Endangerment, abuse, maltreatment, and violence are seen as occurring in degrees, they being generally classified as minimal, moderate, or serious. Abuse may be seen as a substantial *endangerment* risk. Maltreatment usually involves minimal *endangerment* or physical harm. Violence involves serious psychological or physical harm (Emery & Laumann-Billings, 1998).

Child maltreatment is delineated as follows: *Endangerment* includes neglecting emotionally, physically, and educationally. Aggression includes slapping and pinching. Abuse includes hitting with a fist or object, shaking, knocking down, kicking, or throwing, beating up, choking, engaging in sexual acts (Adapted from Table 1 in Emery & Laumann-Billings, 1998, p. 124).

Endangerment emerged from the data of this study as the overarching main concern of people who experience interpersonal violence. *Safetifying* emerged from the data as how that main concern is constantly resolved.

Endangerment factors. *Endangerment* is the creation of harm risk or *danger*. Living in a town, being abused as a child, being young, black, *poor*, or male, drinking *alcohol*, feeling insecure or vulnerable, or being too familiar, unaware, or incautious can create a harm risk—*endangerment*—for a person (cf. Codes 0659–0678; Childress, 2016; Fry, 2014; Gumbi, 2017; Manyema et al., 2018).

Put in a slightly different and additive manner, the risk factors for interpersonal violence and property crime are being a young (cf. Purcell et al., 2020), poor, male, black believer at home, implying that *safetifying* could aid such vulnerable people by providing physical and psychological self-defence and neighbourhood *protective tactics, techniques*, and *training* suggestions (Memo 0663; Fry, 2014).

There are other factors that create *endangerment* for specific types of violence.

Organised crime endangerment. Crime syndicates operate with impunity, and if arrested do not remain long in custody. They are made up of cells with leaders in many communities using unprosecutable children for group *attack* and robbery. These syndicates are well-organised structures involving *elite* government officials, judges and magistrates, public prosecutors, and police (Memo on codes 0056, 0057; Gumbi, 2017). *Organised crime* uses assault,

domestic violence, farm attack, rape, shooting, and stabbing, as avenues and means of achieving, wealth, power, revenge, and prestige.

Terrorist veterans returning to and being integrated back into their societies of origin pose high *endangerment* for *the people*. They may never have personally killed, but the cadres they put out into the field will and do. There is a very high possibility that such veterans and their underlings will engage in *organised crime*. Similarly, returning *organised crime* group members have acquired new skills and tactics with which to terrorise and harm *the people*. This coupled with their connection to weapon suppliers makes them a very serious *danger*. Prior terrorist involvement gives these operators not only a wealth and power motive for their activities but also a political terror motive. *Organised criminals* are knowledgeable, connected, ruthless, overviolent, confident, determined, resilient, robust, canny, and adept. Using military skills of weapon handling, concealment, counter-intelligence, planning, communication, ambush, and *attack*, makes *organised crime* the ultimate *endangerment* to *the people* and source of interpersonal violence (Gallagher, 2016).

Organised crime infiltrates, controls, and operates through certain sectors of law *enforcement*. *Organised criminals* engage in cash-in-transit heists, farm attacks, home invasions, store holdups, and random opportunistic attacks.

Table 27—Organised crime as a consequence of endangering

MAIN CONCERN		Endangering with interpersonal violence through Contingent Contextual Conditioning socio-structural process (cf. Glaser, 1998)		
Precipitants	Process 2	Condition 1 (tools)	Condition 2 (subconditions)	Consequence
	Process 1	The Elite**	The People*	Endangerment
Aspect 1	Politics	Politics	Socialisation	Organised crime
Aspect 2	Inferiority projection	Inferiority projection	Cultural norms	Assault / Rape
Aspect 3	Legislation	Legislation	Alcohol use	Domestic violence
Aspect 4	Enforcement	Enforcement	Patriarchising	Farm attack
Aspect 5	Town Planning	Town Planning	Poverty	Shooting/Stabbing
		amplifying mutual / reciprocal looping		
		conjunctural causal frequenting		
		**independent / mediating variables		*moderating variables

The elite are involved in *organised crime*—refer to above table—but also try to contain and control it, partially for their own benefit and also to ensure things do not get too out of hand. For if the people become decimated and ungovernable no amount of *political projection*, *legislation*, attention or neglect would be able to sustain their hallowed amplifying mutual loop of oppression

and payment of services and taxes which the people render to them (Breckenridge et al., 2012; Glaser & Strauss, 1967).

Organized crime constitutes...a guerrilla war against our society (Johnson, 1965, p. 483).
It's about time law enforcement got as organized as organized crime (Giuliani, n.d.).

Political corruption fosters organised crime endangerment. Fragile states, where governmental *elite* are compromised by corruption and crime, are viewed by the stronger international community as basket cases or “strategic ghettos” where *organised crime* essentially runs the jurisdiction (Miraglia et al., 2012). State social reform endeavours, aimed ill-advisedly at non-specifically addressing *organised crime*, are co-opted by *organised crime* and sometimes even inverted into state capture. These endeavours concentrate on the relationship between *organised crime* and social *endangerment*, but, wittingly or not, fail to perceive or address the link between *politics* and *organised crime* (Cockayne, 2011). The *politics* of the *elite* and the *socio-culture* of the *people* are the perpetually looping conjunctural causes of the *endangerment* that *organised crime* presents.

People *safetify* from *organised crime endangerment* by *securitising*, *evaluating*, and *awarenessing* through *observing signs*, *anticipating trouble*, and *averting danger*. Medium to long term, they *safetify* from *organised crime endangerment* through steps like *connecting*, *getting involved*, *contributing*, *dialoguing*, *lobbying*, *supporting*, and *training*.

Assault endangerment. Macho, insubordinate, nonperforming, begrudging, threatening, extremist, loners are *endangerments* for *assault* (Kraus et al., 1995).

Assault is highly likely to involve property crime—money predators (Memo 0668; Fry, 2014). For the purposes of this statement interpersonal violence was equated with *assault* in light of the likelihood of the intention of this common violence designation.

Assault endangerment includes striking with a body part or weapon, shooting, stabbing, etc. *The people's patriarchal inebriation* disinhibitively intervenes upon the *cultural norm* of violence acceptability, unchecked by *the elite's enforcement* of law and order, creating an *assault endangerment* which momentarily may trigger an *attack*.

Proximity to and density of various physical establishments, like public high schools, drinking establishments, and lottery retailers can be indicators of *assault endangerments* (Drawve & Barnum, 2018).

Self-employed men are more likely to be *assaulted* than women, and women on night shift more than men, especially healthcare workers and prostitutes. People over 65 years of age are most *endangered* for *assault*. Working with the public is a high *assault endangerment*, especially in spring during the early morning hours for taxi drivers, healthcare workers, public safety workers, teachers, and liquor store workers, and if *attacked* can result in neck, shoulder, back, or other sprain, contusion, fracture, or laceration (Islam et al., 2003; Kraus et al., 1995).

Assault in any form is never OK. I just want to be very clear on that (DeVos, cited in The Guardian, 2020, par. 5).

Endangerment factors for *assault* during robbery may include lots of cash, easy entry and exit, only females present, poor window visibility, minimal rooms, easy safe, minimal people, no alarm, poor external lighting, secluded cash area, remote area, minimal vehicles, late hour, no weapons, no video, no mirrors (Kraus et al., 1995). Victims may be struck, shot, stabbed, or otherwise *assaulted*.

Assault drives some women to drinking alcohol which in turn is an *assault endangerment* often leading to another *assault* (Nolen-Hoeksema, 2004). Young males out on weekend nights face the greatest *alcohol-related assault endangerment* (Teece & Williams, 2000).

People *safetify* from *assault endangerment* by *evaluating, setting up, and securitising, awarenensing by observing signs, anticipating trouble, and averting danger, and calling for/arranging and receiving help/support*. This shows assessment and action to *safetify* from *assault endangerment*—see Phases 1, 2, and 3 below.

Domestic violence endangerment. Family members harass, menace, endanger, and assault each other (Johnson, Lutz, & Websdale, 1999). *Domestic violence endangerment* for women is over five times higher than for men, and may include factors such as being young, unschooled, divorced, a single parent with an increasing number of children, jobless, and psychologically, physically,

or sexually abused as a child; physically abused girls can be twice as *endangered* than non-abused for *domestic violence* physical *assault* as a non-single mother—as a single mother, almost three times as *endangered*; sexually abused girls can be almost six times more *endangered* than non-abused for *domestic violence* sexual *assault* in adulthood; for men, *domestic violence endangerment* factors can centre around being young, unschooled, and psychologically abused as a child, or being an old heavy drinker (Van Wijk & De Bruijn, 2012). *The elite* enforce harsh indiscriminate lockdowns (Natarajan, 2020) on *the people* resulting in a great increase in *domestic violence* abuse and attacks (Mazzone, 2020). Re-abuse can be predicted by *endangerment* level assessment. Victims need to be guided to make the right decisions and plans for *safety* (Cattaneo & Goodman, 2005). *Safetifiers* use *awarenessing*, *evaluating*, *decisiving*, *relinquishing*, *organising*, *arranging help*, and *leaving*—see these dimensions and properties in the *safetifying* phases below. A victim's intuition will tell her if and when to leave. When it does, she should leave. If she stays, she might die—psychologically or physically. Well before crazy-stuff violence begins—like being beaten with an object on a pregnant stomach—the victim just has to know when to leave (Memo 0376; Childress, 2016). Victims promise themselves they will not return, but they do, to the violence, over and over and over again (Memo 0277; Childress, 2016). This is ineffectual and very dangerous.

Multiple partnering is a huge *domestic violence* altercation and physical *assault endangerment* (Andersson et al., 2007).

Increasing frequency of *assaults*, separation and post-separation period, and perpetrator antisocial personality and gender inequality beliefs are *domestic violence endangerments*. Minor to major *endangerment* escalation is unpredictable (Walby & Myhill, 2001, cited in Taylor-Browne, 2005). Thus, it may be preferable to act on minor *domestic violence endangerments*.

Potential *endangerment* factors for *family violence* include past violence, psychopathology, alcohol / drugs, weapons, pet abuse, breaking things, separation, threats, obsessiveness, stalking, and access to victim supporters. Potentially serious *endangerment* factors include *endangerment* gut feeling, homicide fantasies or threats, weapon use or use threat, and again psychopathology, separation, obsessiveness, and stalking; family member access, hostageing, strangulation / choking, excessive jealousy, paternity denial,

incrementally *endangering* behaviour, protection orders, and positive or negative anniversary of significant events (Johnson et al., 1999).

Domestic violence causes far more pain than the visible marks of bruises and scars. It is devastating to be abused by someone that you love and think loves you in return (Feinstein, 2004, cited in Maytal, 2008, p. 1).

Intimate partner multiple sexual assault on women increases the probability of their use of substances (McFarlane et al., 2005). This, in turn, creates a further domestic violence *endangerment*. Domestic sexual violence is an *endangerment* for homicide (Martin et al., 2007).

Femicide domestic violence *endangerment* includes estrangement, unemployed perpetrator, death threats, stepchildren presence, victim leaving for another partner, leaving confrontation (if leaving, leave when perpetrator is not around). Urgent acknowledgement of these murder *endangerments* is required and timeous wise decisions to leave and seek shelter (Campbell et al., 2003). Many people who do not *safetify* in this manner are killed. This is the moment *safetifiers awareness by observing signs, anticipating trouble, modulating, and averting danger, call for/arrange and receive help, and leave*—see the *safetifying* phases below.

Farm attack endangerment. Being hated and viewed as not human, having firearms, jewellery, land, and money are *farm attack endangerment* factors (Memo on code 0058; Gumbi, 2017; Pieterse et al., 2018; Pretorius, 2014). *The political elite* singing songs and making statements about using weapons, killing farmers, taking their land, and praising failed state land grabs are very serious farm attack *endangerments*. Farm attack is a more than double police attack and almost quadruple civilian attack *endangerment* (Pearce, 2016).

Police-informed criminals (Dhlamini & Dissel, 2005) and informal settlement criminal concealment present farm attack *endangerments*. Farm attack firearm theft creates an escalative future, repeat *farm attack*, or other *endangerment*. *Awarenessing* in relation to *farm attack endangerment* can lead to a reduction in attacks. *Awarenessing* is a primary dimension in all phases of *safetifying* (cf. Davids, 2004).

The solution to the problem of farm killings must emerge from all of us... Together we can make our rural areas safe (Mandela, 1998, par. 28).

Routine, night work, key carelessness, unlocked doors, house absences, uncontrolled access, stranger business, undocumented immigrant employment, trespassing, trusting workers, worker disputes, bank trips, complacency, carelessness, deceivability, lureability, invulnerability belief, suspect vehicles and people, attack plan rumours, cooking fire smoke, flattened vegetation, cigarette stubs, food tins, insecure farm worker homes, ill-lit garages; pre-agreed secret warning sign, action plan, security, dog, handgun, guard, self-protection, radio contact, or well-equipped safety cell lack; and, firearm licence delays, can be farm attack *endangerments* (Hornschuh, 2008).

Safetifying from farm attack *endangerment* is done by *awarenessing*, *counter-setup*, *evaluating*, *securitising*, and *training*. See the *safetifying* phases below for explication of these dimensions and properties.

Rape endangerment. *Alcohol* is an assessment, reaction, and resistance diminishing rape *endangerment*. Insecure windows; unlocked doors (Murray, 2007); secluded places; illegal drug use (Testa & Livingston, 2009); male date arranging, paying, and driving; sometimes joint payment; date frequency; incremental consensual sex partners; token resistance (Loh et al., 2005); leading on (Muehlenhard, 1988); male peer pressure (Jewkes et al., 2012); multiple prior rapes; and, prior victim PTSD arousal lack can be rape *endangerments* (Söchting et al., 2004).

You can't ask for money from somebody who raped you (Malema, cited in Lewis & Makinana, 2009, par. 4).

The dubious beliefs and behaviour of *elite politicians* reflect the *socialised patriarchising cultural norms of the people* resulting in an unassailable male entitlement and a dehumanised deprecation of women, forming a very serious rape *endangerment*.

People *safetify* from rape *endangerment* by *awarenessing*, *assessing*, *changing*, *preventing*, *asserting*, *tacticking*, *resisting*, and *strengthening*.

Shooting endangerment. An armed person is a potential shooting *endangerment* (White, 2002). *Cultural norms* and stereotypes, toxic masculinity, extreme anxiety, irritability, and moodiness, anger, hostility, volatile people, service long waits, overcrowding, being alone, blind spots (Rodriguez, 2019), poor lighting, security, access control, and environmental layout, verbal, written

or body language threats (Clements et al., 2005), unmedicated psychotics and paranoids (cf. Bartol & Bartol, 2012, cited in Tippins Sr., 2013), violent video games (Bojčić, 2019), previous abuse victimisation, serious illness hospitalisation, gun grabs, homelessness (Kelen et al., 2012), and *alcohol*, interactive with or without *politics*, can become shooting *endangerments* (Geoffroy & Amad, 2016).

The world is filled with violence. Because criminals carry guns, we decent law-abiding citizens should also have guns. Otherwise, they will win, and the decent people will lose (Jones, 2020).

Skewed *legislation*, *enforcement*, and *politics* of *the elite* cycles with the *impecunious intoxicated patriarchising* and illegal gun-toting *culturally normed socialisation* of some people to conjunctively spawn shooting *endangerments*.

Safetifying from shooting endangerment includes *observing signs*, *averting danger*, *securitising*, *responding*, and *stopping attacker*—see the *safetifying* phases below for explication of these dimensions and properties.

Stabbing endangerment. Bad parent and other role models, constant emotional stress, social disconnectedness, destructive ideation, and substance use can be *stabbing endangerments*. Substance use may increase stabbing *endangerment* fourfold. Counter-*endangerment* protective factors include good parental and peer role modelling, positive atmosphere, connectedness (cf. Bearinger et al., 2005), and metal utensil replacement with plastic (Rodriguez, 2019).

Our streets should be safe at all times. You shouldn't have to worry about things like knife or other crime (Javid, n.d.).

The elite in all their *political inferiority projecting legislative* and structural *unplanning* and *unenforcement* crucibilise *the peoples' impecunious patriarchal substance-flared socialised cultural norms*, bringing forth an incomprehensible body-puncturing entitlement which is the essence of stabbing *endangerment*.

People *safetify* from stabbing endangerment by *awarenessing*—*observing*, *anticipating*, and *averting*.

Table 28—Endangering through Contingent Contextual Conditioning

MAIN CONCERN		Endangering with interpersonal violence through Contingent Contextual Conditioning socio-structural process (cf. Glaser, 1998)		
Precipitants	Process 2	Condition 1 (tools)	Condition 2 (subconditions)	Consequence
	Process 1	The Elite**	The People*	Endangerment
	Aspect 1	Politics	Socialisation	Organised crime
	Aspect 2	Inferiority projection	Cultural norms	Assault / Rape
	Aspect 3	Legislation	Alcohol use	Domestic violence
	Aspect 4	Enforcement	Patriarchising	Farm attack
	Aspect 5	Town Planning	Poverty	Shooting/Stabbing
		amplifying mutual / reciprocal looping		
		conjunctural causal frequenting		
		**independent / mediating variables		*moderating variables

dependent v.

cutting point

Contingent Contextual Conditioning

Contingent contextual conditioning is the process through which *endangering* produces *endangerment*—through conditions which are contextually contingent—refer to above table. *The elite* through corruption and *political inferiority projection*, inadequate *legislation*, and ineffective *town planning* and *enforcement*, perpetuate *the people's poverty* triggering *substance abuse* and the engagement of *patriarchically socialised cultural norms* of entitlement to domination and violence which present organised crime, farm attack, cash heist, and armed robbery *endangerments*, and domestic violence, assault, rape, shooting, stabbing, and other *endangerments*. When these *endangerments* are actualised towards a target, they become *attacks*. At any moment, an *endangerment* may become an *attack*. Targets *safetify* before an *attack* through *critical assessive dedangering*. Victims *safetify* during an *attack* through *spontaneous extricative functioning*. Victors *safetify* after an *attack* through *abiding self-transformative progressing*. As a whole, people *safetify* from violence through *Phasic Protective Sequencing*.

RESOLUTION—Phase 1—Safetifying before violence

From now on, the theory presentation intentionally switches between the third and second persons singular and plural, “she/they” and “you”, for various reasons, including emphasis, applicability, and ease and clarity of expression. The reader should not take it as a personal instruction if the theory presents an injunction or something similar in the second person. Everything should be considered for relevance and applicability and filtered through the exigencies of each unique situation and people involved. See the disclaimer at the beginning of this dissertation.

Also, the theory is for convenience of expression written mostly with feminine pronouns used for the victim and masculine for the perpetrator. This is only for economy, differentiation, and de-encumbrancing purposes, as utilisation of “he/she” or singular “they” often sounds clumsy and impedes reading. This in no manner prejudices either men or women or any other gender, as all genders may be victims or perpetrators.

Memos, from which this theory is written up, are based on data with relevant theoretical insights. Some designated memos herein are broken up into several preceding paragraphs for layout and reading effect.

Endangerment (danger) is the main concern of people experiencing interpersonal violence. People resolve this main concern by *safetifying*.

Phase 1—Safetifying before violence refers to *safetifying before an attack* or *safetifying to avoid an attack*—see adjoining table. A specific *danger* presents itself to a person who now becomes a target for an *attack*. How does she *safetify* herself from being *attacked*?

Table 29—Safetifying before an attack

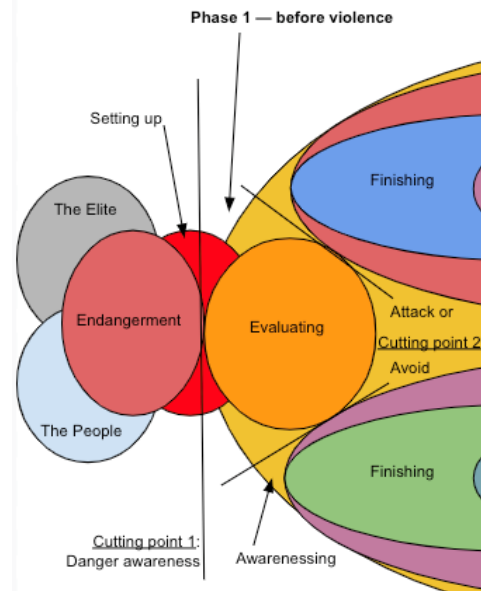
RESOLUTION		Safetifying	
PHASE 1		before interpersonal violence through Critical Assessive Dedangering socio-psychological process (cf. Glaser, 1998)	
Processes		Moment 1 (techniques)	Moment 2 (tactics)
		Awarenessing	Setting up
Point 1		Observing signs	Preparing
Point 2		Anticipating trouble	Invasiving
Point 3		Averting danger	Forming
			Evaluating
			Optioning
			Weighting
			Turning/cutting point
		rapid momentary decisioning	

Safetifying before interpersonal violence through Critical Assessive Dedangering

Safetifying from interpersonal violence is happening all the time. Depending on who and when, people are always *safetifying* themselves in one way or another. This is naturally more so for the person who has been, is being, or is about to be attacked (Memo S001)—see adjoining figure.

Early on in the process, people safetify by *awarenessing*. This is when a target actively exercises her powers of *awareness*. She perceives a threat and responds by *critical assessive dedangering* (Memo S002).

Figure 14—Safetifying before an attack



It is a primal interactive spiral with *setting up*, *awarenessing*, and *evaluating* interjecting in rapid staccato. Initially the interaction escalates as attacker and target instantly *evaluate* the situation, the attacker for perpetration potential, the target for effective *safety*. At this point, it is not known whether the target may escape or become a victim or counter-attacker. Autonomic nervous systems rapidly adrenalise bloodstreams, readying for fight, flight, or freeze (Burton et al., 2018), as attacker and target face each other (Memo 0344).

The *techniques*, *tactics*, and *steps* in the *before* phase (Phase 1) effect *critical assessive dedangering*. In other words, they are important (*critical*) steps to reduce the danger (*dedanger*) by assessment (*assessive*) resulting in a higher level of *safety*—*safetifying*.

Thus, the *techniques*, *tactics*, and *steps* focussed on here are those in *safetifying before an attack* through the *socio-psychological process* (cf. Glaser, 1998) of *critical assessive dedangering*. As these *techniques*, *tactics*, and *steps* take place through the sub-processes of *awarenessing*, *setting up*, and *evaluating* which are executed by *rapid momentary decisioning* (decision-making), the

processes are termed *moments* (moments in time) and the *techniques*, *tactics*, and *steps* are termed *points* (points in time).

Therefore, the first *moment* in *safetifying* through *critical assessive dedangering* is that of *awarenessing*, and its first *point* is *observing signs*. This can be located in the adjoining table.

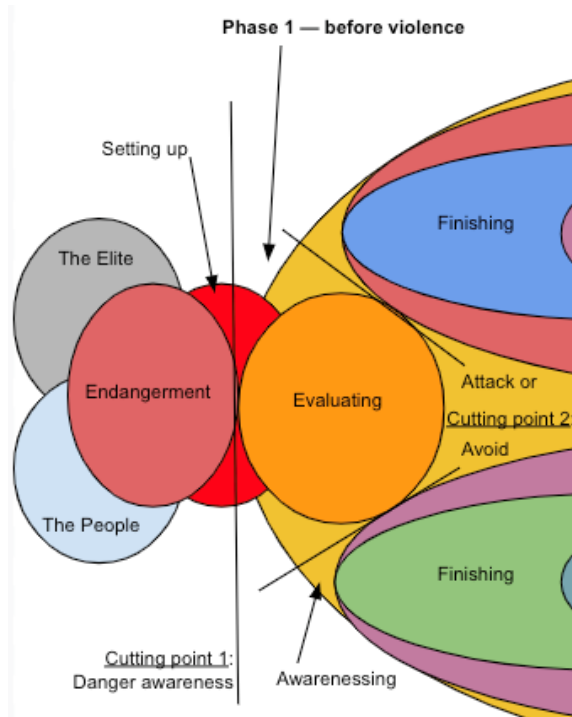
Table 30—Observing signs

<u>RESOLUTION</u>		Safetifying		
		<i>before interpersonal violence through</i>		
PHASE 1		Critical Assessive Dedangering		
		socio-psychological process (cf. Glaser, 1998)		
				Level 1
				Level 2
		<u>Moment 1</u> (techniques)	<u>Moment 2</u> (tactics)	<u>Moment 3</u> (steps)
<u>Processes</u>	Awarenessing	Setting up	Evaluating	
Point 1	Observing signs	Preparing	Optioning	
Point 2	Anticipating trouble	Invasiving	Weighting	
Point 3	Averting danger	Forming	Turning/cutting point	
		rapid momentary decisioning		

That is not to say that *observing signs* is temporally the first *point* that occurs in the *safetifying* process *before an attack*. Looking at the adjoining figure, it may be observed that *setting up*—the red oval—is engendered by *endangerment*, and most of *setting up* for an attack takes place before the target's *danger awareness*—cutting point 1.

At that point *setting up* has been in full stride already by the predator and now can be invertedly utilised as a *tactic* by the target, *awarenessing* is operating and can be actively employed as a *technique*, and *evaluating* starts and will take the overall process to cutting point 2 when the predator *attacks* or the target escapes—avoids the *attack*. But because *awarenessing* encompasses everything the target does from the *point* of *danger awareness*, and it is only from that *point* that she can utilise *setting up* as a *tactic*, *awarenessing* is shown in the outline first and the theoretical order is given as *awarenessing* first, then *setting up*, then *evaluating*, but they do all in reality take place simultaneously and alternately. That is the essence of *Phasic Protective Sequencing*. Yet it should be remembered that the predator's *setting up* precedes and permeates all of this.

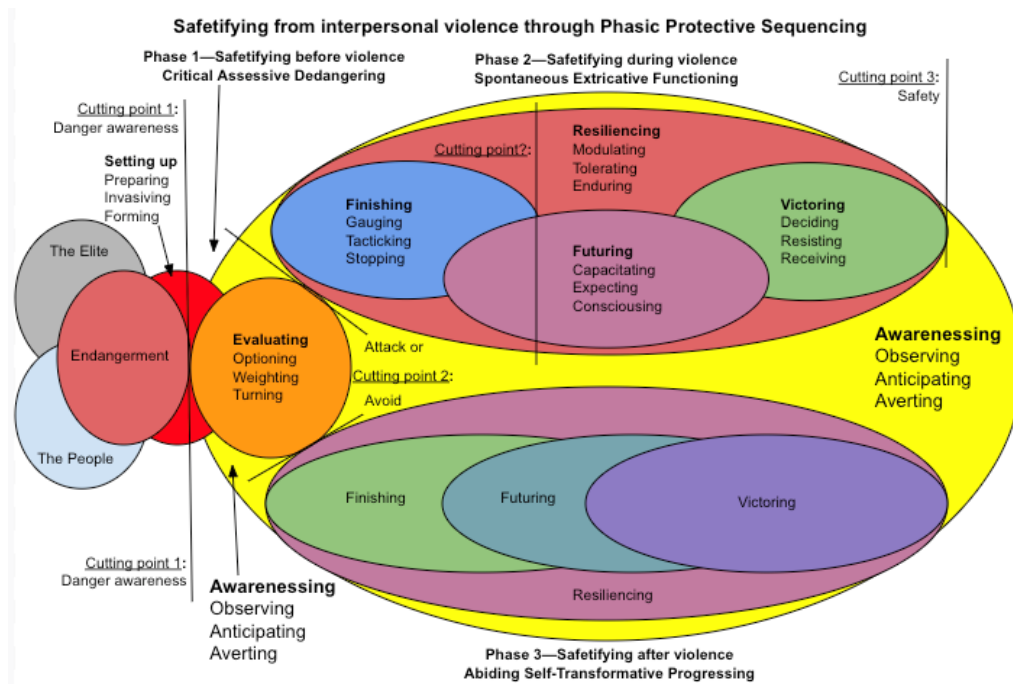
Figure 15—Setting up



Awarenessing

Awarenessing is “the deliberate action of creating and sustaining a state of awareness” (Woolford, 2020, par. 1; Memo S008). *Awarenessing before an attack* may be located at the bottom-left of the figure below.

Figure 16—Awarenessing before an attack



Observing signs. The potential target *awarenesses* as she *observes* her surroundings, the people and objects around her which could spell danger and result in an *attack* (Memo S009). **Anticipating trouble.** Although she knows she must continue with her life activities and is always hopeful of the best, she is *aware* that violence, physical or psychological, could erupt at any moment. There is therefore always a part of her that is *anticipating trouble* (Memo S010). **Averting danger.** The *awarenessing* individual who *observes* and *anticipates* is mostly ready for *danger* if and when it comes, and she has several *options* she may choose from to *avert* that *danger* (Memo S011). Sometimes the *danger* suddenly presents itself and, before she knows it, she is further engaged in *critical assessive dedangering* (Memo S012).

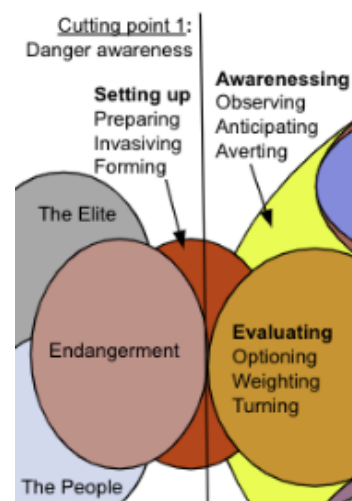
Thus, when a person is actively and acutely *aware* of every possible thing around her, she is *awarenessing*. She is not just simply *aware* which is not

sufficiently along the spectrum of *awareness*, neither could you say she is *awaring*, as, besides it not sounding right, again does not convey sufficient intensity. Thus, *awarenessing*—a gerund—seems to be the only form of the word that conveys an immediate behaviour of actively exercising *awareness* and seems to embody sufficient intensity and personal engagement as might be present in a dangerous situation.

Some people live in denial when they are certain that bad things like violence coming from *danger* will not happen to them. Somehow, they feel impervious to the *endangerment* out there in the world. They may consciously repress *awarenessing*. Due to *patriarchising* or imposition of other *social norms*, they induce a reciprocal nonchalance on the subject of *danger* from those around them. Then, a crucial event may happen which brings home to them that the threat of *endangerment* is actually real, at which point, if they have not yet been *attacked*, their *awareness* is heightened due to their valuing *safety*. Now the reality of *danger* is openly discussed by all and steps are taken to *safetify* themselves and their environments. They become consultative in outlook and give evidence of external loci of control. If a person ignores the significance of the crucial event, he may continue to repress *awarenessing* and downplay the possible seriousness of the situation, inducing his significant others to comply with his approach, even though they might tacitly disagree. He neither experiences *awareness* heightening nor *safety* valuing. He appears to be deterministic in outlook with a predominant internal locus of control (cf. Barton-Caro, 2015).

Danger awareness is the **first cutting point** in *safetifying*, when the target's *safety* status is instantly in question—see adjoining figure. The target assesses for danger source and extent, and will respond by *fighting*, *fleeing*, or *freezing*, whatever appears to provide the best *momentary* chance for *safety* (Memo 0071). Making the right choice is crucial. *Safetifying* from a threat is predicated on the following ordered preferential processes: *absenting*, *escaping*, and *de-escalating*. *Absenting* is ensuring you are not unnecessarily in *dangerous* places or situations. *Escaping*—if you could not be *absent*, and encounter *danger*, the next best thing

Figure 17—Cutting point 1



is to get away—to *escape*. *De-escalating*—if you could not get away, you will want to avoid or minimise getting hurt. Being fully *aware* will help you make the right decision (Miller, 2011).

Observing signs. The first *technique* of *awarenessing* is *observing signs*. There are invariably certain warning signs of a possible, potential, or impending *attack*. Being sensitive and attuned to these little bells or red flags can help a person identify the potential *endangerment* level and subsequently avoid an *attack*. Maybe someone is persistently disgruntled (Memo 0063), is guilt-tripping, or blackmailing you, or some acquaintance is overfriendly and inappropriately interested in your private affairs. Another may be making unpredictable structural adjustments to your environment, like opening a usually-closed window, or closing a curtain early. All of a sudden you observe a large crowd filling the road ahead of you, or someone actually warns you that an *attacker* is on his way. Perhaps you are getting the run-around from someone, and it seems like they are trying to deceive you. You recognise someone's voice from a previous incident. You already acquiesced to something, but now you are feeling very uneasy about it. You might even be convincing yourself it is for the good of others. What? Are you a doormat? You are receiving flags and signs all around you all of the time (Memo on codes 0059-0070; Childress, 2016; Gumbi, 2017; Stockdale & Nadler, 2012).

If mindset is high in rigidity, it may result in *observing signs* leading to decreased *awareness* resulting also in reduced *trouble anticipation* and *danger averting*, leading to increased *setting up* and likelihood of *attack*.

Awarenessing by *observing signs* can help you *safetify* and *anticipate trouble*.

Anticipating trouble. This is the second *technique* of *awarenessing*. It is not a case of being negative or going around always expecting the worst. No. *Anticipating trouble* is a realistic expectancy of possible *endangerment*. The individual is always *awarenessing* whilst awake, and *observing signs* becomes like a constant companion, not burdensome or obsessive, but enlightening, relieving, even entertaining at times. Yet she keeps the *technique* honed, and *anticipating trouble* is merely an adjunct to *observing signs*. *Observing signs* keeps the individual's *awareness* level up and facilitates *anticipating trouble* by

helping her to see logical connections of *signs* with *types* of possible *endangerment*.

It means that when someone is tripping on drugs, dressing a certain way, drinking alcohol, breaking a routine, or similar, the individual is sensing some kind of possible threat, and her *anticipation of trouble* is suggesting to her a myriad of possible *endangerment* scenarios which could result from what looks like emerging *trouble* (Memo on codes 0071-0077; Childress, 2016; Gumbi, 2017; Mpata, 2011; Weaver & Clum, 1995).

Anticipating trouble is driven by intuition which warns the individual when she is in danger—which could stem from familiar or unfamiliar (Miller, 2011) surroundings. Her subconscious has already heard, seen, smelled, and felt, and intuitively fear to make her scan, orient, *observe*, and *evaluate* (Miller, 2011). The hairs on the back of her neck stand up as she gets an eerie feeling (Miller, 2011). Her intuition is warning her—it is rarely wrong. As Miller (2011, p. 46) points out, “intuitive fear” and mere dislike are not the same; the individual should understand and discern the difference. She listens to her intuition and acts so as to *avert danger*. She may have to stop and slip away, run off, or turn around and go—fast. If she cannot, and she is *attacked*, she may have to *stop the attacker*.

Averting danger. *Anticipating trouble* gives the target a certain assessment of the level of *endangerment*. Regardless, she will want to not have to face it, and she will need some *rapid momentary decisioning* for *averting danger*.

You may have to go home, listen when someone warns you, leave immediately, avoid groups, take a detour, turn around, lock a door, ignore someone’s knocking, relinquish a lost item, keep on driving, start driving off, stop drinking, or similar. You may need to *call for help*, not disclose your money or secrets, change your routine, tighten security, hide or carry your keys, or inform others or not (Memo on codes 0078-0087, 0349-0355; Gumbi, 2017; Mpata, 2011).

A wise individual does not divulge unnecessary information to others either by way of boasting, liberality, or any other sense of camaraderie, acquaintanceship, or even friendship. She selects only the most trustworthy

person in her life to, for example, keep a spare set of house keys for her in a locked safe (Memo 0082).

She never puts a name tag on a key or key ring, with her name, address, or description, for example “garden gate”. It can very easily fall into the wrong hands and contribute to her being set up for *attack* (Memo 0086).

Visually, in a social setting, a target scans the threat peripherally—not staring (Miller, 2011). Antisocial threats, like in a bar for example, she de-escalates by using verbal or body language skills. In asocial contexts, social skills do not work, and the predator is usually intent on achieving his goal which could include going as far as killing the target (Larkin & Ranck-Buhr, 2009).

It should be remembered that, while general principles can serve as a guide, all self-defence, *protective*, or *safetifying* techniques are context and individual dependent and should be considered for relevance and fit in each situation with its unique parties. They should not be arbitrarily espoused or used without due consideration, forethought, understanding, practice, and training where necessary.

Averting danger means doing sensible things even when it feels embarrassing, like turning around and going in the opposite direction, or simply leaving abruptly.

Awareness by *observing signs*, *anticipating trouble*, and *averting danger* helps a target to better perceive and understand the next *crucial assersive dedangering* moment of *setting up*.

Setting Up

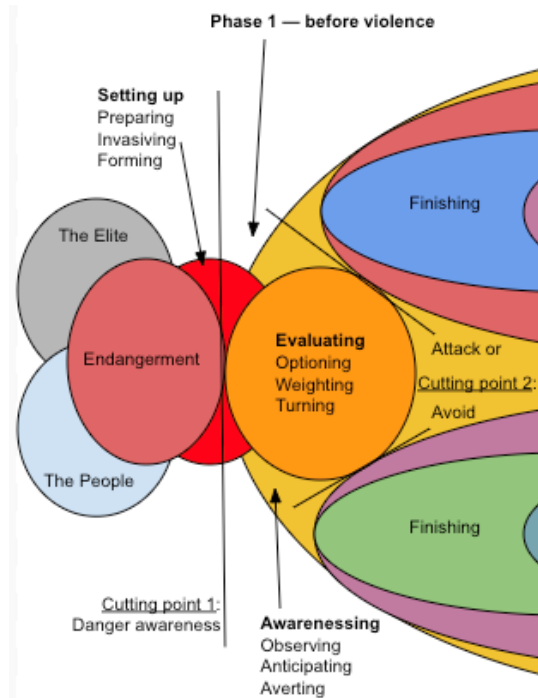
When a person has carried out insufficient or inadequate *observing signs* of a potentially *dangerous* situation, she cannot *anticipate trouble* or *avert danger* properly, and she is unknowingly *setting* herself *up* or allowing herself to be *set up* for an *attack*. This either commences with physical contact, like a blow to the head or body, or with some other tactic and physical contact occurring later in the *attacking* process (Memo 0391).

People *set* themselves *up* for attack in various ways like dressing, grouping, drinking, standing their ground, arguing, walking, stopping vehicles, divulging,

obliviousing, and opening doors at inappropriate times and places, not *anticipating trouble* accurately enough (Memo 0073).

When a predator is preparing to *attack* and when a target is making to *avoid* an *attack*, *setting up* is taking place—refer to adjoining figure. Your peaked *awareness*, *sign observation*, *trouble anticipation*, and *danger aversion* are functioning optimally as you determine who has, is, and will be *setting up*. You may have tried to *avert the danger*, miscalculated *the trouble*, or missed *the signs*, but now you are moving into *setting up* which you want to change into *tactics* for you still to *escape* or stop the *attack*. This is how it looks.

Figure 18—Safetifying process details



Preparing. You may or may not be able to see the evidence of a predator *preparing* for an *attack*. He cognitively *prepares* for it by thinking of reaching a predetermined psychological, emotional, or physical goal. He ingests what he wants to “capacitate” himself for the task—food, alcohol, drugs. He has access to instruments of violence, from experience in his mental and physical repertoire—malice, revenge, knives, guns, stove, iron, fists. *Preparing* is not necessarily a methodical process building up for each *attack*, and it sometimes happens haphazardly, ever bouyancing the predator for his inexorable expression of *endangerment*—the *attack*.

You on the other hand know of the possibility, know, or sometimes see these preparations and can avoid them or engage in your own *setting up* if appropriate. This might include audio-visual recording, weapon access, environment securitising, grabbing your things and going, or any number of *setting up* procedures of your own which you may choose to engage in to foil the predator’s intention.

If people know your habits or your assets, you are *setting yourself up*. Practice being unpredictable.

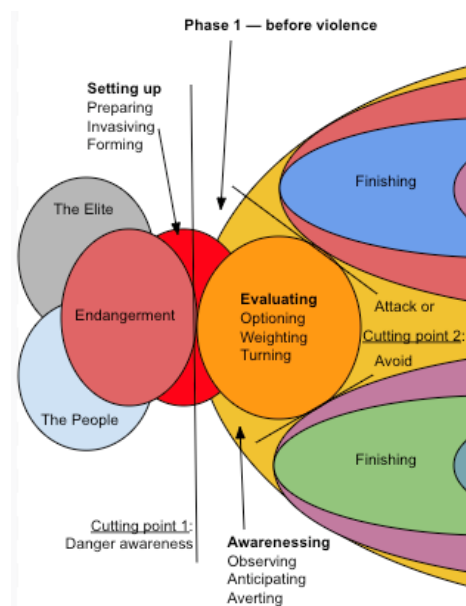
Preparing means keeping only the weapons you can use. Practice with your weapons regularly. Wear them like cowboys—of course you may have to conceal-carry—or have them close at hand. Learn self-defence (Memo 0365).

You invert *setting up* for an impending attack by properly *preparing*. You are so *prepared* for any possible *attack* that it is as if you have *set* the attacker *up* (Memo on codes 0363-0366; Gumbi, 2017).

Invasiving. Intended or actual invading of a person's life, space, or time is *invasiving*. It is the actioning of invasiveness.

Invasiving is a natural subsequence of *preparing*. *Preparing* by the predator will lead on into *invasiving* unless the target *averts the danger*—removes the *endangerment*, has it removed, or removes herself from it—see adjoining figure. *Averting* is not a once-off. Like all the other *techniques, tactics, and steps* the target may *avert danger* or do any of them in any *sequence* at any moment—*rapid momentary decisioning* in *Phasic Protective Sequencing*—according to the dictates of her *critical assessive dedangering*.

Figure 19—Sequencing preparing, averting, and invasiving



Invasiving includes unannounced arrivals, announced forced ingestion, physiological or environmental tampering, and emotional overwhelming (Memo on codes 0356, 0360-0362, 0367; Childress, 2016; Gumbi, 2017; Mpata, 2011).

In a social setting, the target gives a reasonable, respectful response to *invasive* verbal challenges—not insulting (Miller, 2011).

On other occasions—e.g. at an ATM—the target *understands* and is *observing* the *signs* of someone getting too close to her. Now he is a little too close for comfort. She pivots facing him square on, eye to eye, lifts her hands up and motions firmly as she says loudly, “Get back!”, “Back off!”, “*Buya muva!*” (isiZulu for “Go back!”, literally “Return back!”), or whatever is appropriate in her language. Nothing more, nothing less. She does not question her reaction, no matter what the threat might say (Miller, 2011). She was *anticipating trouble*,

so she stopped what she was doing, had her say and swiftly moved off, *averting danger*. In her automatic *awarenessing*, her intuition kicked in and fear struck (De Becker, 1997). She followed her intuition—listened to her fear—reacted and moved on. She is alive today.

Invasiving for victims of *domestic violence* is often repeated over and over again, so that the victim no longer is able to withstand it and the ensuing violence and abuse. In this way, she is being constantly re-traumatised. This is not only emotionally and psychologically demoralising and *dangerous*, but physically too. The victim finds a way to *avert danger* once and for all by *calling for help*, arranging for shelter, and beginning a new life (Herman, 2015).

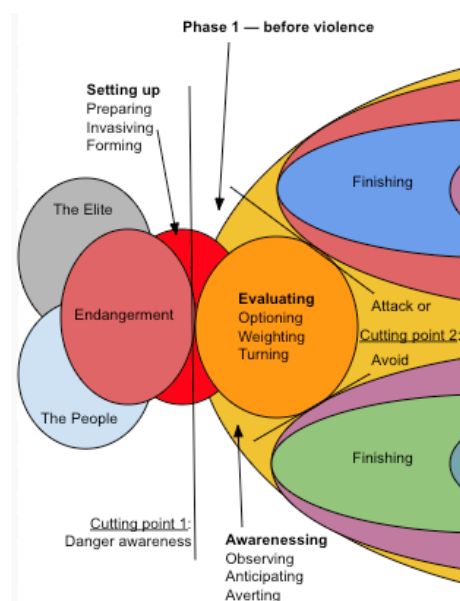
Sometimes the target freezes when *invasiving* occurs, and she is taken by surprise, but she breaks the freeze and takes appropriate action. A target cannot always break out of a freeze appropriately, so she should train herself to (Miller, 2011).

When *invasiving* is permitted or cannot be withstood, *forming* quickly ensues. The target should therefore try to avoid, prevent, or stop *invasiving*—by early *observing*, *anticipating*, and *averting*—as it invariably leads to *forming*.

Forming. A predator who is *setting you up* for an attack *prepares* and *invasives* in order to achieve the highest possible level of success. This way he is getting close enough to the target to hurt her (Miller, 2011). He now proceeds to *forming* and lures you into it.

The predator has carefully-devised mental tricks to push your buttons, and now he *forms* an invisible psychological noose, an emotional trap into which he leads you by verbal stealth or outright bluster. He may *form* a “circle” around you by getting you in a corner, or, if he is many, the circle could be made up of his accomplices. He may browbeat you or lock you in a room. He is creating a *formation* about you, emotional and physical, to ensure that his psychological or physical

Figure 20—Forming leads to evaluating



attack may proceed (Memo on codes 0357-0359; Childress, 2016; Gumbi, 2017).

If the predator persists in *setting up*, and the target is *prepared* with her own *counter-invasiving*, *forming* or *averting* (evading) tactics, she could end the *endangerment* at this point by appropriate action. This might include quick *escape* or locking the predator in a room—not very original, but it could work if there is a room handy. The reader can doubtless think of other workable scenarios. If *escape* or some other viable *averting* mechanism is not available, the target will momentarily be *evaluating*—see above figure.

Evaluating

When you should have been thoroughly *awarenessing*, you were maybe caught *unawares*, and the predator has *set you up* for an *attack*. You are *awarenessing* now though—*observing*, *anticipating*, and *averting*—or at least trying to, and *evaluating*—*optioning*, *weighting*, and *turning*—to terminate the *setting up* before it becomes an *attack*.

A decision could be made, if possible, to disengage from a potential fight as a part of the effective *evaluation* of a dangerous situation (Memo 0072).

Evaluating an impending *attack* comes from both sides—the target *evaluating* what is happening while it is happening as well as *evaluating* the current security status to avoid the *attack*, and the predator *evaluating* the final potential of success for the *attack* (Memo 0336)—see adjoining table.

Table 31—Safetifying through evaluating

RESOLUTION		Safetifying	
PHASE 1		before interpersonal violence through Critical Assessive Dedangering socio-psychological process (cf. Glaser, 1998)	
Processes	Moment 1 (techniques)	Moment 2 (tactics)	Moment 3 (steps)
	Awarenessing	Setting up	Evaluating
	Point 1 Observing signs	Preparing	Optioning
	Point 2 Anticipating trouble	Invasiving	Weighting
	Point 3 Averting danger	Forming	Turning/cutting point
rapid momentary decisioning			

Level 1
Level 2

All of these *processes*, *techniques*, and *steps* occur *moment* by *moment* at various *points* in time, requiring *rapid momentary decisioning* in spontaneous *protective sequencing*. The whole process can be quick or protracted.

Evaluating takes place through 3 steps: *optioning*, *weighting*, and *turning*.

Optioning. The target is furiously running through the alternatives facing her—she is *optioning*. Does it look like she is doomed to defeat before anything

has actually happened? Is the predator overinformed about her, knowing her vulnerabilities, able to forestall a defence, determined to harm her, or opportunistically simply in a position to do so? Does the target perceive an *option* to make the *setup* go away or for her to escape (Memo on codes 0333, 0339, 0340, 0345; Gumbi, 2017; Mpata, 2011)?

Surrounded by *awarenessing* through *observing*, *anticipating*, and *averting*, *evaluating* through *optioning* rapidly identifies alternative possibilities concerning the *setup* brought about by *preparing*, *invasiving*, and *forming*.

The target, for example, decides if communication is an appropriate option. If not, she keeps quiet and does not make eye contact. She does not get drawn into conversation which distracts her from *escape* or delivering the first blow if necessary (Larkin & Ranck-Buhr, 2009). If her life is at risk, and she cannot *escape*, violence may be the only option open for her to use (Larkin & Ranck-Buhr, 2009).

With various alternatives in mind the target begins *weighting*—fast.

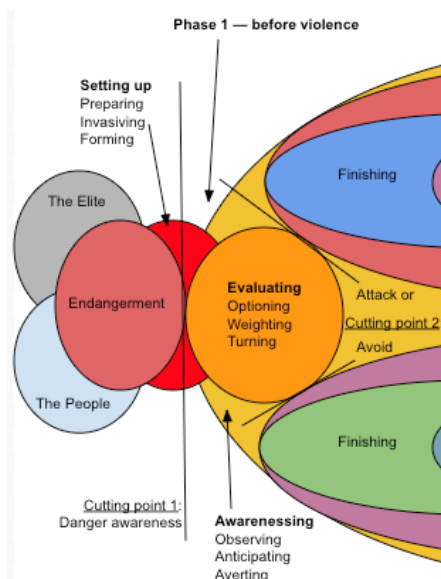
Weighting. Not “weighing”, which signifies determining the feasibility of alternatives one at a time, whereas “weighting” indicates the virtually simultaneous assignment of weights (weighted values) to a range of options.

The target will be *weighting* these and other feasible scenarios (*options*)—see figure below. Known, unknown, or concealed, she is assessing (*evaluating*) the predator’s level of intent to harm her.

Leaving might be a good alternative (*option*), especially if defeat seems inevitable. If she runs, the predator may chase her, and if the predator is armed, he may shoot her (Miller, 2011).

If she is carrying a weapon she may decide to warn of its use or appropriately use it. If the predator has a weapon or is gaining access to the target’s weapon, *escape* is always a better *option*, if possible (Memo on codes 0332, 0335-

Figure 21—Weighting & Turning



0337, 0342, 0347, 0348; Gumbi, 2017; Mpata, 2011).

Turning. The target is now approaching the **second cutting point**, *turning*, as in “*turning point*” or “turning a sharp corner”, where the *endangerment setup* dissipates, disappears, or delivers—see above figure.

The predator opens a door, enters, hurts someone, or retrieves a weapon, or you stop him, escape, scare him off, or talk him out of it. The situation has irretrievably changed—it will never be the same again. You are *attacked* or not (Memo on codes 0334, 0338, 0341, 0343, 0344; Gumbi, 2017; Mpata, 2011).

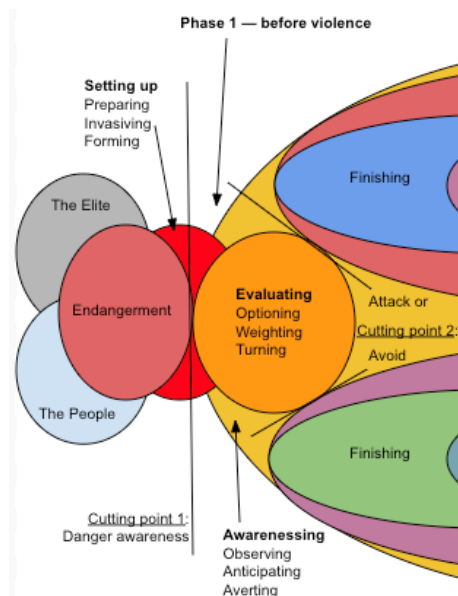
If you can *escape*, and you decide to run, do it with all your might and concentration. Do not concern yourself with the “social impoliteness” of running—you may need to *escape* through a window or some other unconventional way—your life is more important. Run *safely* and *to safety*—do not focus on your feelings (fear), but on your actions as you run. Fear is good. It makes you run. But it must not shift into panic. Keep focus. (This also applies to the whole above-delineated process of *awarenessing*, *setting up*, and *evaluating*.) You are ensuring a swift accurate physical execution of manoeuvring your body out of *danger’s* way. Concentrate on that. Utilise as much cover as possible to avoid being seen or perhaps shot (Miller, 2011). Although this paragraph, based on Miller (2011), sounds prescriptive, it is empirically emergent.

Critical Assessive Dedangering

Safetifying before an attack through *Critical Assessive Dedangering*—see adjoining figure.

The street is almost empty. It’s getting late. The target shouldn’t be out alone. But she is. She’s just quickly running an errand. She *observes* something not kosher about this man staring at her across the street. He is *preparing*. She walks off, and he crosses the road headed towards her. Her hackles rise as her intuition reads fear and she *anticipates* a possible confrontation. He catches up with

Figure 22—*Safetifying before an attack*



her and walks alongside her. He is *invasiving*. He asks directions. She *options* and *weights* her best *forming* alternative. Suddenly she stops takes two quick steps sideways from him and raises her hands towards him, *forming* an imaginary barrier and says, "Get away from me!" She *turns* and walks off in the opposite direction towards a group of people whom she had *observed* were playfully coming down the road, effectively *averting danger*. She slipped back into the centre where her car was parked and drove off home. She *safetified* herself before violence through *critical assessive dedangering*. She'll run her errand tomorrow.

RESOLUTION—Phase 2—Safetifying during violence

Endangering leads to *safetifying* through *awarenessing*, *setting up*, and *evaluating* for critical assessive *dedangering* before violence / an attack. A specific *danger* presents itself to a person who becomes a target for an *attack*. If she does not *safetify* effectively from the *danger*, and she is *attacked*, she will be *safetifying during the attack* using *spontaneous extricative functioning*—see adjoining table.

Table 32—Safetifying during an attack

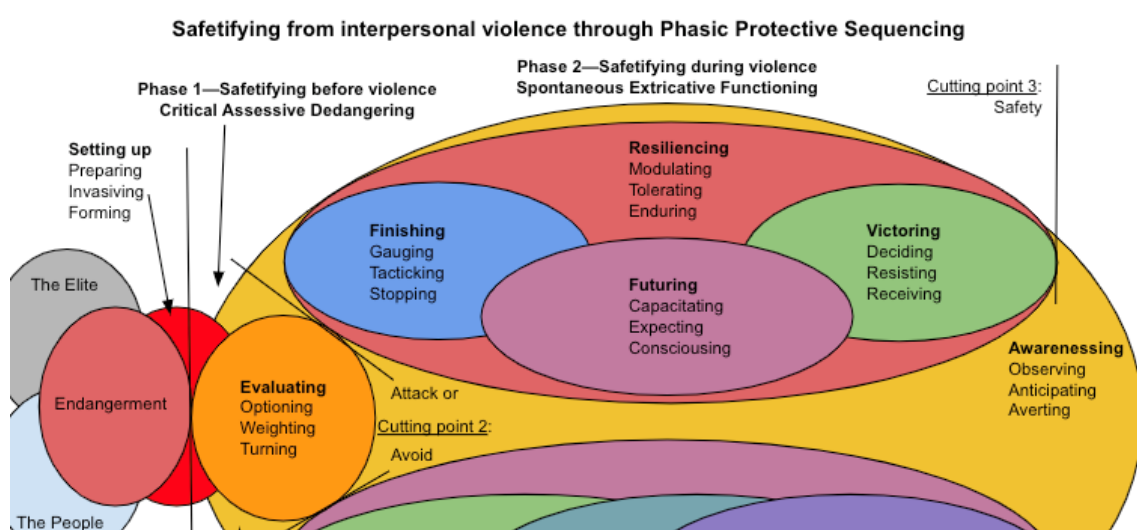
RESOLUTION		Safetifying				
		during interpersonal violence through				
PHASE 2		Spontaneous Extricative Functioning				
		psycho-physical process (cf. Glaser, 1998)				
		Level 1				
		Level 2				
		Level 3				
		Level 4				
Processes	Moment 1	Moment 2	Moment 3	Moment 4	Moment 5	
Technique 1	Awarenessing*	Resiliencing*	Finishing**	Futuring*	Victoring**	
Technique 2	Observing signs	Modulating	Gauging	Capacitating	Deciding for life	
Technique 3	Anticipating trouble	Tolerating pain	Tacticking	Expecting**	Resisting	
	Averting danger	Enduring	Stopping attacker	Consciousing	Receiving help	
		cutting point	cutting point	cutting point		
				tactical manoeuvring		
		</				

*moderating variable/factor

**precipitating/mediating variable/factor

Safetifying during interpersonal violence through Spontaneous Extricative Functioning

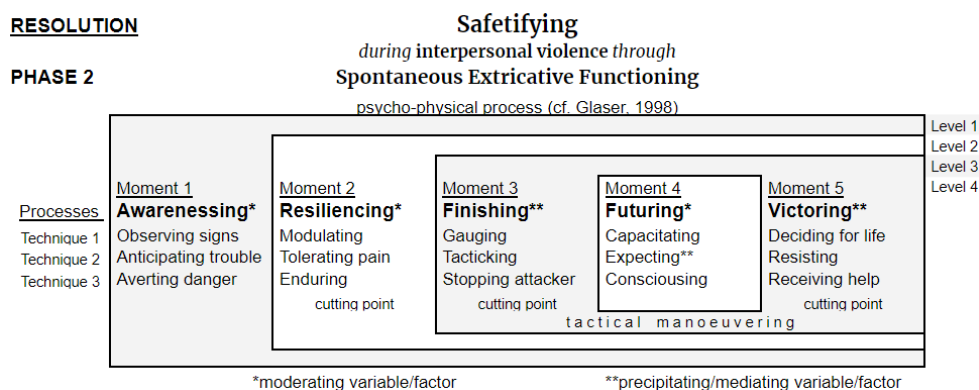
Figure 23—Sequencing Protectively between Phase 1 and Phase 2



If a threat *attacks*, the victim will use *Phasic Protective Sequencing* to *safetify* herself from the interpersonal violence. She may, for example, use *preparing*

from Phase 1 and *resisting* and *stopping* from Phase 2 in quick succession (Memo S002)—refer to above figure.

Table 33—Following the *safetifying* flow



In the immediate flow of an *attack*—see table above, the victim continues *awarenessing* to ensure the most appropriate responses in trying to *safetify* herself. She is also *resiliencing* as she pits her wits against the *attacker*, *finishing* as she attempts to bring the episode to a close, *futuring* in her flashes of what she will make of this, and *victoring* as she finally gets to a place where she is *safetified*. In this way she *safetifies* herself by using *tactical manoeuvring* for *spontaneous extrictive functioning*, that is, spontaneous functioning to extricate (remove) herself from the danger/attack/violence (Memo S003).

In *awarenessing* and *resiliencing*, she is still a victim. In *finishing*, she is transmuting into a victor. In *futuring* and *victoring* she has become and begins to excel as a victor (Memo S005).

Safetifying is the natural mechanism or ability to maintain one's own *safety*, or to keep one's person, loved ones, and property *safe*, and can be wisely or well applied, or not so well applied through various strategies, *techniques*, and approaches to interpersonally violent situations. Like every other ability in life, some people have a better knowledge and innate sense of *safetifying*, and others have less, but the latter can always learn to do it better (Memo 0334).

In the *attack* phase, *safetifying* takes place psychophysically through five momentary processes which operate on different levels and each contains at least three techniques (Memo S007).

When a predator *attacks* a target, the target attempts to resolve the situation by *awarenessing*, *resiliencing*, *finishing*, *futuring*, and *victoring*, i.e. responding in the most appropriate *psychophysical* way. Structurally, it involves rapid evaluation of *setup*—still from Phase 1—and use of various *tactics* and *responses*, including *acquiescing*, *fighting*, *helping*, or *fleeing* in order for the victim to *protect* and *safetify* herself (Memo P004).

Recursively, then, when a target is *attacked*, she becomes a victim, a recipient of violence. During an attack the recipient engages in *safetifying* by *spontaneously functioning* to *extricate* (remove) herself from the violence. Thus, the *attack* itself triggers *safetifying* through *spontaneous extricative functioning*.

Recipients engage to a greater or lesser extent in *safetifying* when *attacked*. This involvement fluctuates throughout an *attack*, with recipients allowing themselves to be multiply *set up*, often not *evaluating* the situation clearly enough prior to (pending), during, and after an *attack*. Not *evaluating* properly can then compound the situation so that recipients are *set up* for multiple incursions with physical contact accompanying them (Memo 0332).

An *attack* is primarily seen as the victim's *attack* or *response* to the onslaught or *attack* of the perpetrator. The victim sees the *attack* as a means of defensive *attack* back to the perpetrator harnessing it as an effective element in *safetifying* (Memo 0208).

Thus, an *attack* from the target's point of view, is seen as the target reversing roles and becoming the *attacker* in order to *safetify* herself. Target inversion into *attacker* does not imply illegal, over-forceful, or unwise action. On the contrary, it merely bolsters the mindset to impel a strategic, minimal-force counter-attack where necessary and may also only comprise of retreat. Therefore, the target-become-*attacker* may in the cognitive inversion *evaluatively* only elect avoidance or retreat. Yet the mindset becomes unfrozen and kicks into action to effect appropriate fight or flight (Memo 0364).

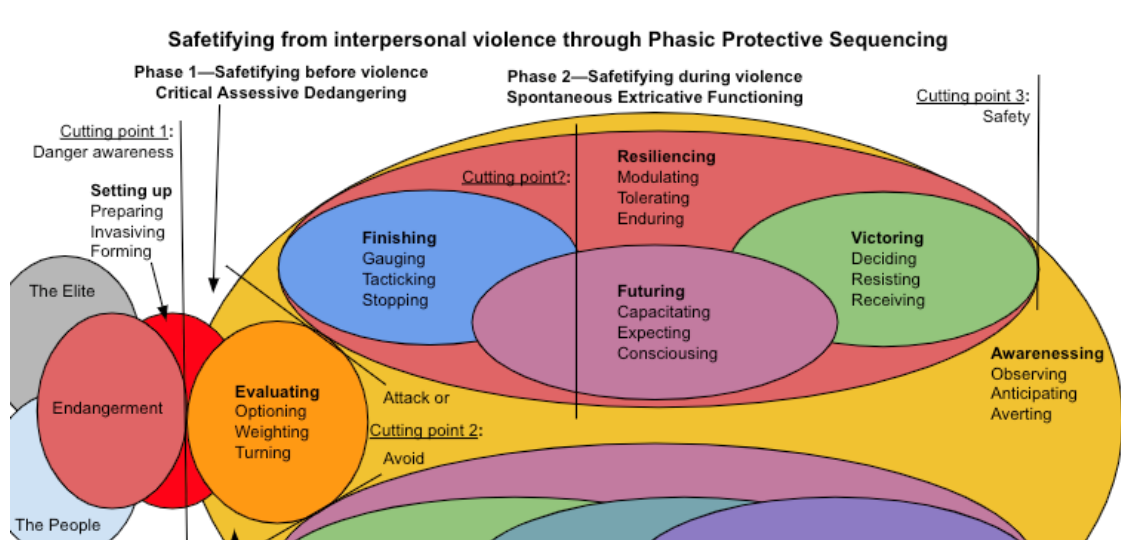
Attacks often give evidence of 3 cutting points: initial contact, death fear, and final act.

The main concern of the individual at every moment and point appears to be the *danger* she is in, and the way she tries to resolve it, again, at every moment and point, is trying to *safetify* herself (Memo 0385).

The first cutting point *in an attack* (“Cutting point 2” in figure below) may be psychological or physical contact, but it is the point at which the victim knows she is being *attacked*.

This is no longer run-up, preliminary stuff—this is the real thing.

Figure 24—Cutting points in Phase 2—*during an attack*



Cutting point 2 in Phase 1 is equivalent to the first cutting point in Phase 2.

The second cutting point in an *attack* (“Cutting point ?” in figure above, as its position is uncertain) is often follow-up contact action by the perpetrator to achieve his goal whatever that might be, submission, humiliation, aggression-vent, sexual domination, theft, murder, or a combination of these. It is often represented by physical fighting, beating, stabbing, or shooting and can be fatal. As a cutting point it instils the stark reality that the violence is not going away and may in fact be escalating. Victims often feel at this stage that they will die, and their fear shifts over into an overwhelming compulsion to *escape*. It can be a make or break point when a victim can be overcome, successfully fight back, or *escape* (Memo 0399).

The third cutting point in an *attack* is the event that marks a sharp increase in *safety* and dissipation of *danger*. This could be marked by flight of either party or neutralisation of the threat (Memo 0361). The third cutting point in an *attack* is the outcome—the victim perceives the end of the *attack*—the cessation of contact, and the prospect of *escape*, relief, or *protection*. It could come as a

result of the perpetrator retreating or leaving, the victim may *stop* the perpetrator, or she may *get away*.

Depending on the situation, there can of course be more or fewer cutting points in any *attack*, such as there only being two—when contact is made, and the perpetrator immediately flees. But the *attack* will have cutting points at which the victim enters marked physio-psychological moments where the situation escalates or dissipates and during which she may use counter strategies like *awarenessing*, *evaluating*, *setting up*, *tacticking*, *stopping*, *expecting*, and *resisting* in her attempt to *safetify* herself (Memo 0382).

Thus is the initial *safetifying sequencing* in an *attack*. It may increase or decrease in intensity, depending on the choices and roles of the parties, dealing with escalation or de-escalation of the *attack*. The attacker could de-escalate by deciding to leave or run away. When the target is able to de-escalate the *attack* by incisively integrating the said counter strategies, she effectively *safetifies* herself (Memo 0363).

Like in Phase 1—*safetifying before an attack*, *awarenessing* is the first *process* in Phase 2—*safetifying during an attack* — see adjoining table — which the victim uses because she is actually using it all the time. It is, so to speak, running in the background — see adjoining figure, surrounding everything, like a big yellow oval, and its *techniques* of *observing*, *anticipating* and *averting* are greatly sharpened and at her fingertips ready for execution.

Table 34—Awarenessing—first process in Phase 2

RESOLUTION

PHASE 2

Safetifying

during interpersonal violence through

Spontaneous Extrictative Functioning

psycho-physical process (cf. Glaser, 1998)

Processes

Technique 1

Technique 2

Technique 3

Moment 1

Awarenessing*

Observing signs

Anticipating trouble

Averting danger

Moment 2

Resiliencing*

Modulating

Tolerating pain

Enduring

cutting point

Moment 3

Finishing**

Gauging

Tacticking

Stopping attacker

cutting point

Moment 4

Futuring*

Capacitating

Expecting**

Consciousing

Moment 5

Victoring**

Deciding for life

Resisting

Receiving help

cutting point

tactical manoeuvring

*moderating variable/factor

**precipitating/mediating variable/factor

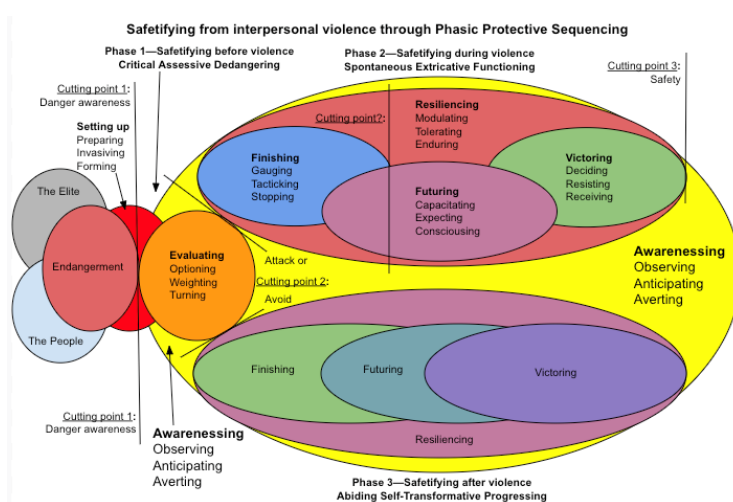
Level 1

Level 2

Level 3

Level 4

Figure 25—Awarenessing “running in the background”



Awarenessing

Because *awarenessing* has already been dealt with in detail above, it will not be repeated here. *Awarenessing before* and *during violence* has essentially the same dimensions—*observing*, *anticipating*, and *averting*—although there are functional and sequential adjustments for changes in proximity, intensity, etc. *Awarenessing* after violence—in the absence of any further direct *danger*—is characterised by the *self-transformative* dimensions of *perceiving*, *disentangling*, *perspectivising*, *understanding*, *decisiving*, *shrewding*, and *changing*. These also incorporate *observing*, *anticipating*, and *averting* in a developmentally extended manner as will be seen when elaborated in Phase 3 below.

The target is being *attacked*. A fight is happening, psychologically, physically, or both, and now the victim is hyper-*awarenessing*—*observing*, *anticipating*, and trying to *avert*. She may have been *awarenessing* before the attack, but for some reason she was not able to *turn* the *setup* and *avert* the *danger*, and now she is dealing directly with a happening *attack*.

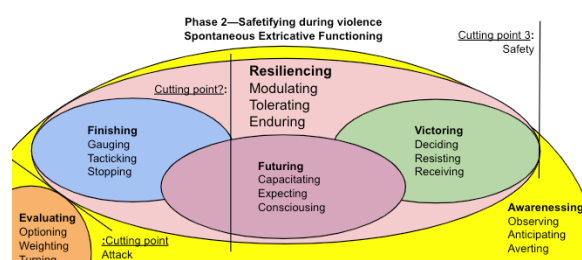
The victim's capability in *awarenessing* moderates the quality and effectiveness of *finishing* and *victoring*. Her *awarenessing* may be affected by extraneous factors like headache, lack of sleep, or illness. How well she *observes*, *anticipates*, and *averts* influences how well she will be able to *gauge*, *tactick*, and *stop the attack*, as well as *decide for life*, *resist*, and *receive help*.

Awarenessing by *observing*, *anticipating*, and *averting* will go on throughout the entire *extricative* process of the *attack* on different levels and at different moments and points. In doing so, it portrays the fundamental intricate, interwoven, and integrative nature of *spontaneous extricative functioning* through *Phasic Protective Sequencing*.

Resiliencing

Resiliencing can be seen throughout an *attack*—see adjoining figure—by the way in which the victim endures all manner of violence, *tactic*, and effect, and by

Figure 26—*Resiliencing throughout an attack*



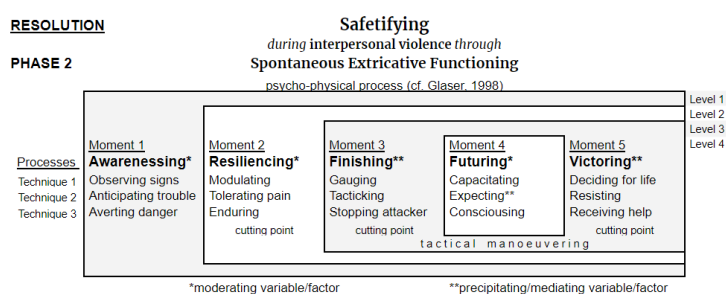
trying to respond in the most effective manner to *safetify* herself. This takes place across the third and fourth *level processes* of *finishing*, *futuring*, and *victoring* (Memo S013). *Resiliencing* functions through three *techniques*. **Modulating**. Sometimes the *danger* suddenly presents itself and, before she knows it, the individual is taking abuse and has to *modulate* it. **Tolerating**. *Modulating* may quickly turn into *tolerating* as the victim has to withstand pain and other possible violent shocks to her system. **Enduring**. Being the survivor that she is, she *resilience*s throughout, knowing that her *enduring* will extricate her sooner or later (Memo S014).

At the **first cutting point** in the attack, *awarenessing* becomes conscious *resiliencing* because the first contact point—psychological or physical—takes place, like accusing or threatening, or grabbing, dragging, or hitting the victim. It can include more lethal actions of shooting or stabbing, for example, depending on the attacker's modus operandi. At this point the victim faces the incontrovertibility of the event and fear surges to a high level (cf. Ferraro, 1996). Further contact with the victim might be interspersed with various tactics from the perpetrator (Memo 0368).

The victim's psychological and physical *resilience* is activated at this cutting point and strengthens and carries her through the *tactical manoeuvring* of the *attack*—see adjoining table.

As she receives abuse and violence, she *resilience*s by *modulating*, *tolerating*, and *enduring*. In this way, she paces herself, ever observing and seeking a way to *avert*—*stop* the *attack* or *escape*.

Table 35—Resiliencing strengthening tactical manoeuvring



As extraneous factors like lack of sleep and illness—mentioned above—as well as *drug* or *alcohol* use can affect the psychological quality of *awarenessing*, *resiliencing* can not only also be affected by these but by physical factors such as fitness and endurance ability which is impacted by adequate training. *Resiliencing* also moderates the mediative strength of *finishing's* *tacticking* and *stopping*, and *victoring's* *resisting*.

Modulating. The victim is looking for an avenue of *escape* or a way to end the *attack*, but the perpetrator has her full attention, and she may be receiving abuse and acquiescing. He could be verbally abusing her, destroying her property, hitting her, poking her with a sharp object, or cutting off her hair (Memo on codes 0117-0122; Childress, 2016). She *modulates*—that is tries to control the frequency or amplitude of any of the abuse or violence coming her way by freezing, moving about, or responding verbally, but it may be a false sense of control, because she cannot accurately predict what her fate will be. Maybe she is doing this from her socialised manners or learned helplessness (cf. Friesen, 2018; Miller, 2011; Roelofs, 2017). If her intuition is raising fear in her, that is sufficient warning that she is worth more than this, and her life is in *danger*. She needs to *stop* the attacker or get away to *safety*.

If the victim is suffering from *domestic violence*, there are best ways of leaving the perpetrator, and utmost caution should be used when doing so. Leaving when the perpetrator is around is usually considered very dangerous. Thus, Campbell et al. (2003, p. 1095) state: “If a woman confides that she is planning to leave her abuser, it is critical to warn her not to confront him personally with her decision. Instead, she needs to leave when he is not present and leave a note or call him later.”

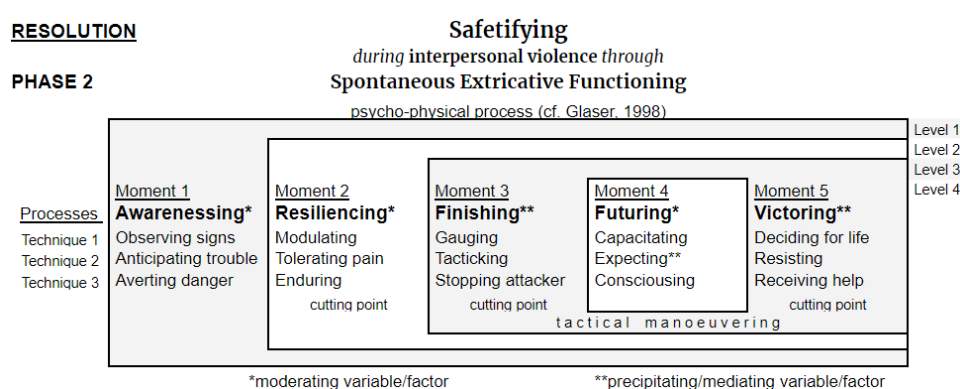
Tolerating. Until the victim can find a way to extricate herself from the attack, her *resilience* helps her to *tolerate* the pain of the abuse and violence she is receiving. A severe beating, tight cable binding, body burning, sight or knowledge of a dead family member nearby, so much pain that she cannot feel anything anymore are sometimes what she endures before she can *finish* the *attack* (Memo on codes 0136-0140; Childress, 2016; Gumbi, 2017; Mpata, 2011).

Socialisation, *cultural norms*, and *patriarchising* have brainwashed the victim into *tolerating* violence from men (Matsumunyane, 2014), but she will have it no more. She is *tolerating* this attack only as much as she needs to, so she can get out *safely*.

The victim automatically regulates and *tolerates* her distress by breathing diaphragmatically and simultaneously acknowledging and handling her unpleasant feelings (Fitzgerald et al., 2009).

Enduring. If the victim has not yet managed to dissipate or *safetify* herself away from the *danger*, *modulating* may embolden the perpetrator to escalate the *attack* with the result that she then receives a higher level of violence. The victim may be assaulted with or without an object on the head, face, or other part of the body, beaten for several hours, pushed onto a hot object, wrestled, kicked, poured on with hot liquid, or have her feet and hands tied (Memo on codes 0123-0135; Childress, 2016; Gumbi, 2017; Mpata, 2011). Her spouse or other family member may be killed or abused in front of her.

Table 36—Interaction and effect of *resiliencing* techniques



Her *resilience* is indicated by her level of *endurance* which is moderated by her *modulation* and *tolerance*—see above table. As the violence increases, her *endurance* decreases, less so when she *modulates* and as she *tolerates* the pain. Thus, *modulation* and pain *tolerance* mitigate *endurance* loss, enhancing *resilience*, or at least lessening its decline.

Adaptability, changeability, community, belief, and determination also contribute to her *resilience* (cf. Sigamoney, 2016). These intermesh with and form a part of *modulation* and *toleration*, moderating *endurance*.

Thus, when receiving abuse and violence, the victim *resilience*s by *modulating*, *tolerating*, and *enduring* whilst still fully *awarenessing*—*observing*, *anticipating*, and trying to *avert* or *escape*. If she gets a chance she will run, hide, or get away. When she hides, it is at a *safe* distance from the perpetrator and in a *safe* place, where he cannot proceed with the *attack*.

If she cannot get away, she focuses on *finishing* the ordeal.

Finishing

The victim tries to *finish* the *attack* in the best way she can in responding by fight or flight (Memo S015). In attempting to end the encounter, the individual sometimes allows the perpetrator to have his way or she is forced (Memo S016). During the attack there is often a *cutting point* when everything drastically changes, like when someone is incapacitated or shot (Memo S017). The object of the victim's response is to *stop* the perpetrator (Memo S018).

Finishing refers to finishing up something, like finishing up unfinished business. In the throes of an *attack*, the only unfinished business is putting an end to the *attack* or *escaping*. To achieve this, the victim engages in *gauging*, *tacticking*, and *stopping*. She is trapped, mentally and physically. She is still *spontaneously* trying to find a way to *extricate* herself from the perpetrator's grip.

Gauging. The victim is assessing a range of things concerning the situation including, perpetrator intention and his or her next step. She is trying to *gauge* and time the cutting point of *finishing* the *attack*.

The victim opens her legs to allow the perpetrator because he has threatened to kill her. This does not mean that she should—but it does happen—and sometimes, if she knows how and if she can, she *stops* the attacker or manages to get away. He may assault her, grabs her keys, and drive off, taking firearms, phones, shoes, money, and other precious things (Memo on codes 0199-0212; Gumbi, 2017; Mpata, 2011). In *gauging* the best course of action, the victim sometimes *acquiesces*. It may or not be the optimal, depending on the circumstances and how she *gauges* them.

A victim often *acquiesces* by permitting, helplessness, complying, obeying, returning, opening, nodding, resigning, revealing, silencing, showing, subjecting, and uncertaining. She engages in a cycle of decisional failure—deciding not to go back then just simply taking the line of least resistance and going back to dangerous places. In contradistinction, running away can be an acquiescing response from the perpetrator in reaction, for example, to the application of appropriate contact by the victim of shooting the perpetrator. Instead of the victim falling and dying—why should it be she?—she makes the perpetrator fall

and die (Memo on codes 0473-0502; Childress, 2016; Gumbi, 2017; Mpata, 2011; Memos 0479, 0490, 0481). But if she is to, she may only employ the minimum force necessary to stop a direct threat on her life (cf. Miller, 2011).

Even acquiescing to social pressures from people close to a person—like family—can get the individual badly beaten up, abused, and maybe killed (Memo 0070; Childress, 2016).

In attempting to finish the *attack*, the victim does her best to *gauge* and carry out the most effective responses.

The victim is also ironically sometimes even careless in dangerous situations. She informs the perpetrator she has no money, then he finds a lot of money in her bag. She hands him the safe key. She switches on the light. She screams. She tosses a phone or pistol to a helper (Memo on codes 0470-0472, 0498-0501, 0504-0506, 0508; Childress, 2016; Gumbi, 2017). She may have no alternative and she might *gauge* these to be appropriate responses at the time, but they might also not always be the best responses and can be influenced by shock and panic. Panic comes from concentrating on her feelings instead of the situation (cf. Miller, 2011). During an *attack* the victim tries to avoid panic by *awarenessing* and *gauging* for *escape* or *stopping*.

As long as the victim is *gauging* effectively, she can *tactick* to try to extricate herself from the *attack*. To the extent that she knows how to appropriately respond to the perpetrator's tactics, will she be successful in processing, controlling, and harnessing the effects of the *attack* to her advantage (Memo 0469; Mpata, 2011).

Tacticking. Depending on the situation, the perpetrator may tactically accuse the victim falsely, adultering openly, drunk, blackmailing, bullying, financially and socially isolating her, shooting towards her, scaring her, cursing, demeaning, denigrating, denying paternity, distorting thinking, drinking alcohol, chasing her out of the house, humiliating, ignoring, making weak excuses, smearing her name, and stealing from her (Memo on codes 0167-0198; Childress, 2016; Gumbi, 2017).

Economic violence is a part of physical violence as it does damage to the physical. Reduced money can starve a person to death (Memo 0177).

Smearing a person's reputation can cause significant psychological harm by turning people against the victim. This too is interpersonal violence (Memo 0168).

Tacticking includes all moves by a perpetrator and counter-moves by the victim.

Perpetrators make physical contact with victims by, among others, assaulting, battering, beating, binding, burning, covering, dragging, grabbing, hitting, kicking, piercing, pulling, raping, shooting, slapping, and throwing (Memo on codes 0368-0414; Childress, 2016; Gumbi, 2017; Mpata, 2011).

A perpetrator may use any number of verbal, psychological, emotional, or physical tactics and strategies during an attack to access, intimidate, confront, and otherwise manipulate the victim to achieve his goal, including accessing, approaching, accusing, arguing, asking, bagging, blocking, breaking, carrying, chasing, climbing, colluding, cutting, declaring, demanding, distracting, escorting, forcing, instructing, naming, outnumbering, pointing, reaching, running, shooting, shouting, strangling, surprising, threatening, tripping, walking, and unlocking.

By comparison, the victim typically uses minimal tactics against the perpetrator besides hiding or *escaping* if she can (Memo 0461; Memo on codes 0415-0465; Childress, 2016; Gumbi, 2017; Mpata, 2011). Sometimes, however, she does *tactick*—utilising certain tactics and ways of dealing with the perpetrator to try to change the situation. When appropriate, she employs body language—to diffuse his rage or if shoved on the chest—by looking down, showing her palms, backing off and leaving. When she leaves, she does it fast and safely. If the perpetrator does not know her, and she cannot get away easily, she may try to fake crazy to put him off (Miller, 2011).

Victims also respond and fight perpetrators back by denying requests, stating intentions, refusing to comply, shouting, screaming for help, and trying to get away (Memo on codes 0503, 0507, 0509-0513; Gumbi, 2017; Mpata, 2011).

A knowledgeable, trained and prepared person can know how to counter a perpetrator's tactics by *tacticking* in an effective manner to diffuse, convert, or otherwise change a dangerous *attack* situation over into *aftermathing* where the victim can consolidate, support, and *protect* herself (Memo 0463).

Stopping attacker. This *technique* is referred to variously as *stopping*, *stopping attacker*, or *stopping attack*. Please note that as with all the dimensions (*techniques/tactics/steps*) in each process (*moment/passage*) of *safetifying*, *stopping the perpetrator/attacker* is dependent on context, resources, and appropriateness of action. It needs to be done *safely* and at the right time, but it needs to be done, sometimes just passively by slipping away if possible.

The victim has *gauged* and *tacticked*, and now has to *stop* the attacker. The cutting point of chasing, *stopping*, or allowing the attacker to leave is imminent. When the perpetrator prepares boiling water, heats an iron, opens poison, robs, prepares to shoot, shoots, or threatens to axe, kill, or slaughter, the victim perceives the cutting point at which the perpetrator must be stopped (Memo on codes 0213-0224; Childress, 2016; Gumbi, 2017; Mpata, 2011). Utilising space and time at this juncture may be critical in resolving the situation. Effective gun handling by the victim—if armed—is crucial, as shooting becomes an option for *stopping* the attacker (Memo on codes 0225-0230; Gumbi, 2017; Johnson & Delaney, 2006).

This is an inverted aspect of contact with the victim—shooting the perpetrator. It is counteractive (Memo 0403). If the victim is armed, she appropriately shows the perpetrator her weapon and warns of its use—this may subdue him (Miller, 2011). If he is not subdued and *attacks* (allowing left frontal delta and alpha as well as right parietal delta activation), she (modulating left frontal delta activity only) may have no option but to use the weapon. This illustrates the differing psycho-physiology underlying the appetitive aggression of the perpetrator and the reactive aggression of the victim (cf. Moran et al., 2014). Failure to effectively *stop* the perpetrator at this point may result in the weapon being taken and used on the victim (Miller, 2011). Although this option is explicated here, it does not mean that it falls sequentially at this point. It might be used as the only possible *evaluated* option to counter *invasiving* and *forming*—in Phase 1—before violence—to create an effective *turning* point to *avert* danger, avoid an attack, and *stop* the perpetrator. Or, it may be used—in the present Phase 2—whilst *modulating*, *tolerating*, *enduring*, *gauging*, or *tacticking* in the most appropriate *protective sequence* with the *tactics* and *techniques* of Phase 1. *Stopping* the attacker, accordingly, takes place—if it does—essentially at any *point* or at any *moment* before or during violence by means of the target or victim using the appropriate type of *tactic* or *technique*

and level of coercion or force if necessary. Refer to Miller (2011) for various levels of force permitted by law. The reader or user of that information and the present theory should ascertain the applicable law in her jurisdiction concerning self-defence and use of force in situations of threat, violence, etc.

Stopping the perpetrator is sometimes a socio-structural issue, such as the *stopping* of female genital mutilators, and requires structural changes to belief systems, *legislation*, and *cultural* practices. Kobrin (2010, no page number) states: “By mutilating the female body part through radical circumcision, the men have identified it concretely as the source of the problem and always ready and available for attack. It is estimated that there are 80 million women worldwide who have experienced genital mutilation.” Such structural change is usually a medium to long term process, and the survivor can play a vital role in the process by *getting involved* in *awareness-raising* campaigns, *lobbying* politicians, and assisting to redraft *legislation* (Egbodo et al., 2018; cf. Herman, 2015). Some children *stop* the perpetrators cutting them by running away and helping thousands of others also *avoid* it (Moore, 2018).

Trying to *stop* a domestic violence perpetrator by the victim changing her behaviour in peace-making, promising, or negotiating, usually does not work as the perpetrator is not interested in the needs of the victim but in his own (cf. Childress et al. 2018; Herman, 2015). Thus, in many instances the only way to stop such a perpetrator is to leave.

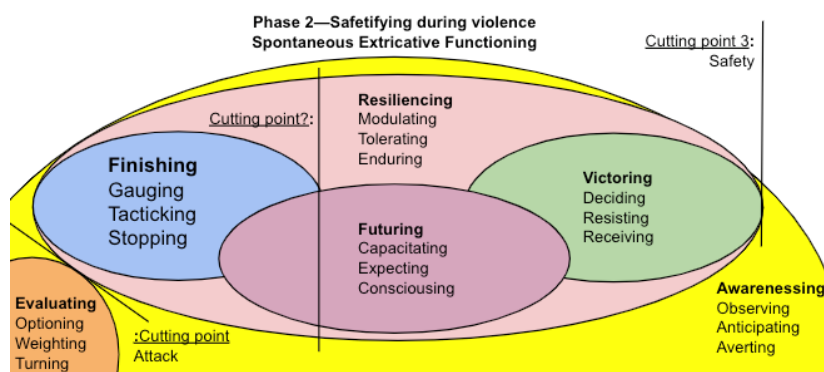
A victim has no moral obligation or social responsibility to *stop* an attacker. If she can *leave* or *escape* to *safety*, that is the priority. Just because she may know self-defence does not mean that she is compelled to use it to *stop* an attacker. If she can rather *get away safely*, that is better. She must remember that she is legally only allowed to use the minimum force necessary to *safetify* herself. If she can *escape*, that is minimum. If she cannot, and her life is in imminent danger, *stopping* the attacker in the appropriate way is minimum. If he comes towards her with a knife but he is still 3 metres away, shooting him may be excessive. If he is closer, shooting or blocking and hitting him (Kowal, 2016) may be minimum force to *safetify* her. It must be what any reasonable person would do under the circumstances (cf. Miller, 2011).

Thus in order to *gauge* the correct level of force for *stopping* a threat, the victim must perceive his **intention** (e.g. to kill or hurt her), he must have the

means to carry out the threat (e.g. superior strength, boots, knife, gun, fists, or other weapon), he must have the **opportunity** (be able to reach her), and the victim must be able to **preclude** any other option for *averting* the attack, such as, talking, *calling for help*, or *escaping*. Then the victim uses the appropriate degree of force to *stop* the threat (Miller, 2011).

If the victim has to *stop* an attacker, she does it fast, effectively, and ready for follow-up. She *observes*, *gauges*, *decides*, and *tacticks*—all in a split second—see figure below. Sometimes she only has time for *observing* and *tacticking*—acting. She has trained for the perfect self-defence move—tailored for herself—and she is ready for it. She hits the front attacker with the heel of her palm on his face or drop steps her elbow—curled around her face—into his face, throat, or chest, and combines these with knee kicks where necessary, only stopping her counter-attack when she can safely *escape* (Miller, 2011). There are other self-defence tactics and moves with which people learn to defend themselves, and only these few are mentioned here to illustrate the appropriateness of people knowing how to do so. Comprehensive coverage of such is beyond the scope of the present study. Working with Miller's (2011) book would seem to be a good way to help in psychologically preparing oneself for self-defence, and further relevant and careful physical self-defence training is also recommended.

Figure 27—Tactically sequencing techniques



Futuring

While she is engaged in the *attack*, the victim is desperately *futuring* (Memo S019). **Capacitating**. She may be incapacitating due to fear, or if she has managed to turn the tables on the perpetrator, she may have incapacitated him. The former makes her reach for the *future*, and the latter makes her feel that

the *future* is already arriving. In both cases she shifts into *capacitating*—a sense of enablement for the future (Memo S020; cf. Glaser, 1998). **Expecting.** At some point, the victim may expect to die. This usually happens when physical violence is intense. Yet, even though that expectation fills her mind, she is still *futuring*, trying to *escape*, reaching for the *future*, desperately desiring the *future* to be now, to be *safe*. She shifts to *expecting* to live (Memo S021). **Consciousing.** If the victim is overwhelmed or injured, her system may shut down—she may faint or become unconscious. Even in this is the expression of her being to survive and *capacitate* herself for the *future*. Shutting down may render the perpetrator disinterested in inflicting further damage on the victim—her shutting down is *futuring* for her. Some victims even pretend to be unconscious for this effect (cf. Gumbi, 2017). When she comes to, she is aware of a new hope in her *conscious* ability to *gauge*, *capacitate*, and *extricate* (Memo S022).

As the victim is trying to *finishing* off the attack through *gauging*, *tacticking*, and *stopping* where possible, she is *futuring* through *capacitating*, *expecting*, and *consciousing*. How well she *futures* will determine to a greater or lesser extent the effectivity of *finishing*.

Capacitating. The contacts and tactics in an *attack* affect the victim in various ways including defending, fainting, falling, fearing, freezing, incapacitating, paining, refusing, reluctanting, and unconsciouslying (Memo 0140; Mpata, 2011).

At some point during the *attack*, the victim may feel helpless or freeze. She may be momentarily incapacitated (Memo on codes 0248-0251; Childress, 2016; Mpata, 2011). Her physiological motor system is active, but now there is a parasympathetic halt (Roelofs, 2017)—she becomes relatively motionless—while she *observes* and *anticipates*, *weighting* her *options* to make a *turning* point to *safety*. She has momentarily frozen. As soon as she has the optimal sensory and action intention—this may take only a split second depending on the circumstances—she breaks her freeze and fights or flees (Miller, 2011; Roelofs, 2017). Sometimes the neural mechanism that initiates the freeze lasts too long and her freeze becomes counterproductive—she should have *capacitated* herself—broken the freeze—sooner, because now the perpetrator is too close, and she needed to have acted sooner. She may have to jolt herself out of her freeze earlier by telling herself to do the next appropriate thing (Miller, 2011;

Roelofs, 2017). As intimated by Miller (2011) throughout his book, everything is variable, and you should not take any one statement as an instruction cast in stone. You should do your own thinking, testing, practicing, training, and planning for your own particular situation and the many possible ones you may encounter. Not everything works every time in every situation. There are thousands of possible scenarios and combinations of factors.

Expecting to live. At some point the victim may freak out or feel intensely afraid that the perpetrator will or is killing her, or that she is dying. She may be expecting to die (Memo on codes 0252-0256; Mpata, 2011). As she *capacitates* herself, she starts *expecting* to live.

When the victim is in a life or death situation and there is no way out—she cannot *escape*—she does not allow herself to remain expecting death. She switches her *expectation* to living. Where she sees there is no alternative but to *stop* the attacker by fighting back, she *expects* only to live and is ready to unexpectedly use any of the *expecting-to-live techniques* she has practiced in her self-defence repertoire and protocol against the perpetrator if appropriate, accessible, and necessary (List based on and adapted from Larkin & Ranck-Buhr, 2009):

- Shooting, stabbing, or using another weapon, e.g. a bottle.
- Gouging eyes.
- Pulling hair.
- Attacking groin.
- Orifice/wound finger insertion for pulling or pushing.
- Manipulating small joints e.g. breaking fingers, stomping toes (cf. Preston, 2011).
- Striking back of head or spine.
- Body weight assisted elbow downward strike to neck or spine.
- Striking throat, including grabbing windpipe.
- Twisting, clawing, pinching flesh—best with a strike or break.
- Grabbing collarbone to batter head on ground.
- Heel kick to kidney area.
- Kneeing or kicking head.
- Stomping with foot.
- Pushing through glass window, into traffic, or against object.
- Throwing through, into, or against same as above.
- Holding onto something to stabilise while kicking or stomping.

Note that these fighting techniques are not practiced to completion on human targets but on punchbags and the like. Simulations for eye-gouging or finger breaking, for example, can be practiced using fruit, clay, egg boxes, or dowels or other sticks—see the eye-gouging figure below. The individual should use her imagination and ingenuity. Unless she trains for the relatively realistic feel of the encounter, it is unlikely she will be able to do the real thing if it is the only appropriate action left that could save her life. Miller (2011) advises slaughtering an animal to acclimatise the function and feeling of taking a life if necessary with a knife if it is the minimum-force only way of stopping a perpetrator.

Figure 28—Eye-gouging



Picture from Wikipedia. (2020). *Eye-gouging*. <https://en.wikipedia.org/wiki/Eye-gouging>

She is cautious about ever headbutting, biting, spitting, or getting her fingers in the attacker's mouth as all of these can be either ineffective or dangerous (Larkin & Ranck-Buhr, 2009).

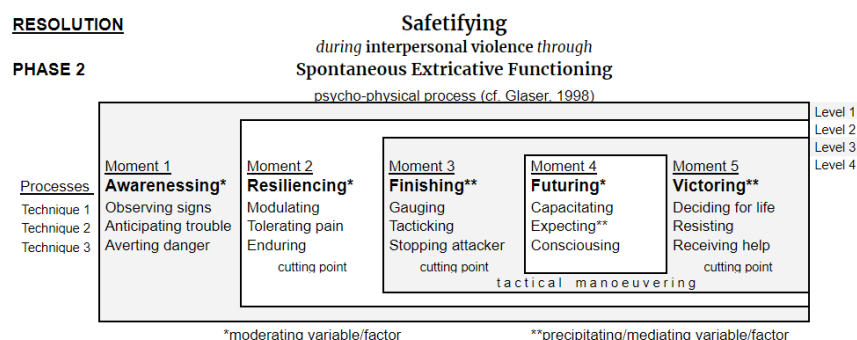
In fighting to defend herself she is not out of control or in a rage, but controlled, effective (cf. Miller, 2011), like a finely tuned machine, executing each *technique* until the attacker is subdued or she can *get away*. She only uses enough force to *stop* the attacker hurting her so she can get away. In other words, if she has just put him down on the pavement curled into a ball, and she can now *get away* to *safety*, she knows that turning back and stomping his head is not allowed—it is excessive force. Using any more force than what it took to *stop* him, she knows is illegal and a criminal offence. But if her life is in danger, she cannot get away, and she cannot *stop* him any other way, she knows she may kill him if she can.

The victim knows that if she does not use the right *technique* at the right moment, the perpetrator might do the same to her and she may die. Thus, she utilises the most appropriate *expecting-to-live technique* and *futures* her way out of the *attack*.

Consciousing. The victim may faint from the shock or trauma of the emotional or physical assault. She may “no longer feel the pain” and fall unconscious (Mpata, 2011, p. 106; Memo on codes 0257-0259). But her *resilience* in pain *toleration* and *endurance* coupled with the *capacitating* effect of her survival expectancy (*expecting to live*) brings her around. She is *consciousing*. This strengthens her *finishing* which in turn bolsters overall *futuring*—reaching into the *future* to *spontaneously extricate* herself from the *attack*.

Thus, the *techniques* and *processes* of *futuring* and *finishing* interweave to bring the victim physically and psychologically to *victoring*.

Table 37—Mediating and moderating on different levels



Finishing and *victoring* are on the same *psycho-physical level*, whereas *futuring* which *moderates* their *mediative* role in *safetifying* is on a higher level in both *psychological* and *physical* extremity which makes it able to powerfully do its *moderating* work. Refer to the above table.

Victoring

In *resiliencing*, *finishing*, and *futuring*, the victim is *safetifying*, trying to bring herself to a *safe* place, and as she makes progress, she gets out the other side, and becomes a *victor*, either way, injuries or not. As she survives, she is *victoring* (Memo S023). **Deciding for life.** If the victim has not been fatally

wounded or otherwise incapacitated, at some point during an *attack* her life energies surge through her body and mind, and she begins to actively seek and discern a means of dissipation or *escape*—she is *deciding for life*. Here is a definite point, another **cutting point**, at which it becomes an all-out effort to *extricate* herself (Memo S024). **Resisting**. At this point, she will decide what is her best course of action to *stop* the attack or *get away*, and she will be forcefully *resisting* what is going on around her, seeking final *stoppage* (Memo S025). **Receiving help**. If she has means of outside help, it may have arrived, or if she can summon help, this may be the tipping point for immediate and most welcome *victory* (Memo S026).

Deciding for life. If the attack is not yet over, the victim now makes a definite *decision for life*, not that she ever did not choose life, but she is overwhelmed and highly motivated now, instantly *deciding for life*. At first, she compasses briefly in consideration of her emotional state and physical readiness (Elizondo-Schmelkes, 2011). Then she is emotionally captivated (Lysek, 2018) by her vision of the immediate *future*—survival—and *decides for life*.

She sees a gap and runs off *escaping* the perpetrator, and if she had been living with him, relinquishes her difficulty of leaving, draws the line, refuses to live there anymore, and finally decides never to return (Memo on codes 0277-0281; Childress, 2016; Mpata, 2011). Leaving in the case of domestic violence can be difficult because of children arrangements, but children can also encourage the victim to leave, thereby *escaping* for all of them from under the perpetrator's violence (Ko & Kim, 2015).

As the perpetrator makes certain definite decisions, to *attack*, assault, hurt, and gain or maintain advantage over the victim, so too, the victim's *decisiveness* to not be a part of such evil design kicks in and her *deciding for life* drives her *victoring* into *resisting* (cf. Schewe, 2002). If the attack is still on and she cannot *escape*, she *protectively sequences deciding for life* with *tacticking*, *resisting*, or *stopping* the attacker.

Resisting. If the victim has not yet *stopped* the perpetrator, she may now realise that she has the backbone to protect herself in every way possible including verbally, emotionally, and physically, even the right to yell and fight back. Even in the process of receiving violence and abuse and acquiescing, the

victim suddenly realises that she does not have to comply and can *resist*/fight back, but that it must be done carefully (Memo 0473).

If being physically assaulted as in rape, she uses forceful resisting strategies appropriate to the situation like punching, kicking, wrestling, scratching, biting, threatening, screaming, and yelling, and non-forceful ones like pulling away, shielding, and fleeing. If she is being raped, she might resist physiologically by vomiting, urinating, or defecating. She may also try tricking/conning the perpetrator. She does not use non-forceful resisting like talking, crying, reasoning, pleading, or begging as she knows these do generally not work and she will be raped (Söchting et al., 2004).

If the perpetrator tries to seriously assault her, such as her life is endangered, she warns him if possible, and if he does not *stop*, she shoots or otherwise incapacitates him (Memo on codes 0282-0285; Childress, 2016; Gumbi, 2017).

Resisting is fed, synchronised, *simultaneoused*, and alternated with the *gauging*, *tacticking*, and *stopping techniques* of *finishing* in optimal *phasic protective sequences*. It is inextricably linked to a final *decision* to be *victorious*—to survive—to *live*.

When she has done her best, and she is *finishing* the attack or is *escaping*, *receiving* help rewards the victim's *resilience* and ensures her *victoring* into the *future*.

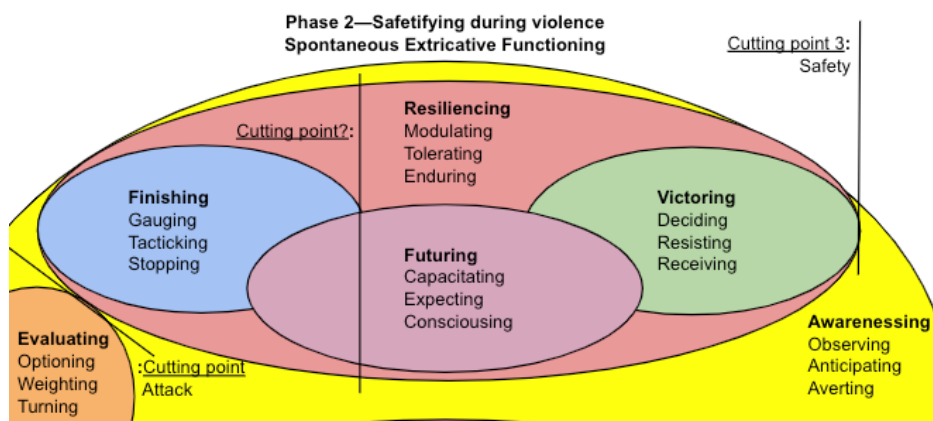
Receiving help. If the victim is part of a group, she sees how she can help the others overcome the *attack* and *safetify*. Perhaps she untied the others, and they can all run away, she had pressed an armed response button, or she has called on others with whom she has a previous arrangement to come *assist* her, and that *help* now arrives, and the perpetrator runs off, is *stopped*, or arrested and taken away (Memo on codes 0286-0291; Gumbi, 2017; Mpata, 2011).

Receiving help may come in the form of someone who might, appropriate to the situation, fight, chase, tackle, trip, stab, or shoot the perpetrator (Memo on codes 0514-0524; Childress, 2016; Gumbi, 2017; Mpata, 2011).

Spontaneous Extrictive Functioning

Refer to the figure below. The target *awarenesses*—*observes, anticipates,* and tries to *avert* but the perpetrator takes her by surprise and strikes her. She drops to the floor half passing out but *resiliencing*, and she's *futuring*—*capacitating, expecting, consciousing*, so she *gauges* and *decides* to *resist*. As he bends over her, she *tacticks* her right foot deep into his groin and screams for *help*. He goes down and she *finishes* by *kicking* his head just enough to make sure he is *stopped* and will not get up to follow her. As she moves away, he crawls off and gets up to go. The neighbour *trips* him, *pushes* him down again, and *tells* him to wait. She *calls* the police. She is *victoring*.

Figure 29—Spontaneous Extrictive Functioning



The *attack* is over, and the victim has successfully *safetified* herself *during the attack* through the *spontaneous extrictive functioning* of *Phasic Protective Sequencing*.

Awarenessing and *resiliencing* gave her a way of *finishing* and *victoring* through *futuring*. She *safetified* herself.

RESOLUTION—Phase 3—Safetifying after/after avoiding violence

Endangering through *contingent contextual conditioning* precipitates *safetifying*—when there is *danger* people *safetify*.

In *Phase 1—Safetifying before violence*—A specific *danger* presents itself to a person who becomes a target for an *attack*. If she *safetifies* sufficiently through *critical assersive dedangering*, she avoids the *attack*. If not, she may be *attacked*.

In *Phase 2—Safetifying during violence*—A target is *attacked*. If she *safetifies* effectively through *spontaneous extricative functioning*, she survives the *attack*. If not, she may not survive.

In *Phase 3—Safetifying after/after avoiding violence*—A victim survives / avoids an attack. If she *safetifies* consistently through *abiding self-transformative progressing*, she continues to *safetify* from interpersonal violence through *Phasic Protective Sequencing*. If not, she may be readily subject to re-targeting.

Safetifying

after interpersonal violence through

Abiding Self-Transformative Progressing

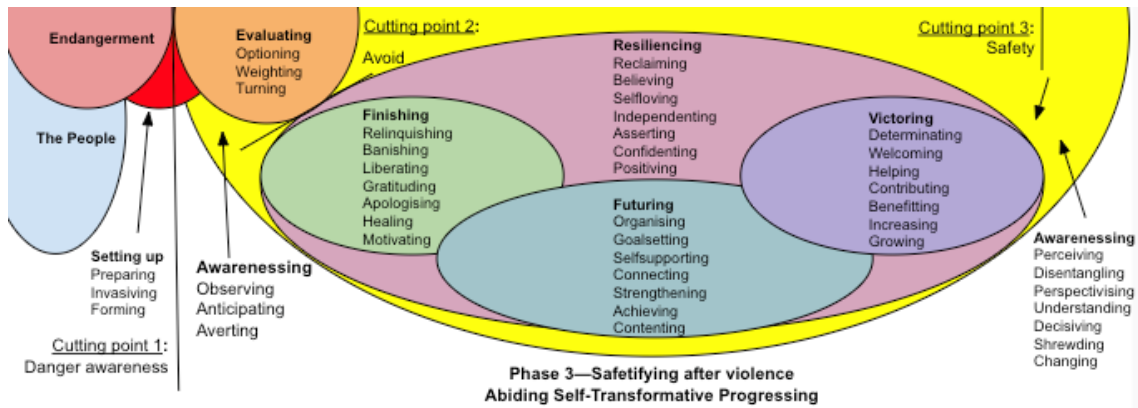
Once the attack has passed or is avoided—Phase 3—the victim will enter an *aftermathing* stage and thereafter a stage of *mopping up* (Memo S002). These stages loosely span the five passages in this phase.

The steps in the *after/after avoiding violence* phase—Phase 3—effect *abiding self-transformative progressing*, which is *ongoing progress* that *transforms* the *self* into a greater state of psychological and physical *safety*—*safetifying*.

In the *aftermathing* and *mopping up* stages, *safetifying's* psychological passages are the same in name as *during the attack* but substantially different. Whereas *in the attack phase*, *awarenessing*, *resiliencing*, *finishing*, *futuring*, and *victoring* are dimensions which serve to *safetify* the victim for that event, in

aftermathing and *mopping up* they are extended psychological *processes* bringing about long-term *protection* (Memo S027).

Figure 30—*Aftermathing & Mopping up* (not indicated)—2 blanket stages of Phase 3



Aftermathing. Once the *attack* is over or *avoided*, *aftermathing* sees the victim doing socio-structural (Glaser, 1998) things for her *protection*, *evaluating* the impact, *protecting*, *reporting*, and *supporting* herself, while emotionally beginning to harness the power of *awarenessing* and *resiliencing* (Memo P005)—refer to the above figure.

Mopping up. In the mopping up stage, the surviving victim is victor of her situation and is now grappling psychologically more with *finishing*, *futuring*, and *victoring*—see above figure, while structurally she *securitises*, *enforces*, and *handles* her life and surroundings (Memo P006).

During violence the victim is assailed psychologically and physically. She cannot be *attacked* physically without it affecting her psychologically—unless, of course, she is unconscious, but when she comes to, the psychological effect will also be there. *Safetifying after/after avoiding interpersonal violence* is about the survivor rebuilding her life and making herself feel and be *safe*. There is a strong psychological dimension to this *phase*. What the mind dictates the body will do. Thus, as she *safetifies* psychologically, she *safetifies* physically. In fact, these two facets of the process reciprocally interact to strengthen each other.

With *victoring* at the end of an attack the survivor immediately *secures*—*safetifies*—herself physically. Then she begins the process of *self-transformation* which takes place through the familiar-sounding *processes* of *awarenessing*,

resiliencing, finishing, futuring, and victoring, but now they are not to ward off violence but to *safetify* her ongoing life in a fresh and exciting way.

Table 38—Safetifying after an attack or after avoiding an attack

RESOLUTION		Safetifying					
PHASE 3		after interpersonal violence through Abiding Self-Transformative Progressing psycho-social process (cf. Glaser, 1998)					
		<u>Passage 1</u>	<u>Passage 2</u>	<u>Passage 3</u>	<u>Passage 4</u>	<u>Passage 5</u>	Level 1
		Awarenessing	Resiliencing	Finishing	Futuring	Victoring	Level 2
							Level 3
Step 1	Perceiving		Reclaiming	Relinquishing	Organising	Determinating	
Step 2	Disentangling		Believing	Banishing	Goalsetting	Welcoming	
Step 3	Perspectivising		Selfloving	Liberating	Selfsupporting	Helping	
Step 4	Understanding		Independencing	Gratituding	Connecting	Contributing	
Step 5	Decisiving		Asserting	Apologising	Strengthening	Benefitting	
Step 6	Shrewding		Confidenting	Healing	Achieving	Increasing	
Step 7	Changing		Positiving	Motivating	Contenting	Growing	
		stepped passaging					

The five *passages* of *safetifying after violence*—see above table—are sequential, but iterative, for as the individual proceeds through the *passages*, she will find that she needs to revert to prior *steps* to fit her unique development and *progress*. In this way, several of the steps of *Passage 5* for example may be running in her life simultaneously with two of *Passage 3* and one of *Passage 2*, etc. The victim be-coming victor will use any and all combinations of *steps* and *passages* to support her *safetifying* needs (Memo S006). Such *Phasic Protective Sequencing* of *passages* and *steps* goes on continually in the victor's life, as *abiding self-transformative progressing* is an *ongoing process*.

Passage 1: Awarenessing

After/after avoiding the experience of *interpersonal violence*, the victim becomes the victor, who having survived the ordeal, continues her *awarenessing*, but now it is qualitatively different (Memo S028). ***Perceiving***. She *perceives* matters with a certain sense of clarity. She begins to see her experience for what it is (Memo S029). ***Disentangling***. As time passes, she *disentangles* the feelings, events, and people involved in the attack and tries to make sense of it all (Memo S030). ***Perspectivising***. She attempts to put everything into *perspective* (Memo S031). ***Understanding***. This will bring her a greater and deeper *understanding* of the experience and her life (Memo S032). ***Decisiving***. With the fresh

awareness, perception, untangled perspectives and understanding she starts *decisiving* in important matters. Here and there she must know her mind, make *decisions* and follow through (Memo S033). ***Shrewding***. The world is full of vested social fictions (Glaser, 2005a) and people ply them knowingly or unknowingly. The victim/victor in *safetifying* knows how to manoeuvre in such a world; having been brought to the brink of desperation and perhaps even death itself, she is determined never to be caught again. She is *shrewding* all the way (Memo S034). ***Changing***. It's all well and good to let the new *awareness* bolster her so she is *decisiving* and *shrewding* effectively, but all of this she will direct into a new and productive way of life, *changing* any and everything that is needed to make it work (Memo S035). To get there she has to harness that good old *resilience* that has brought her thus far and ride it full force into the *future* (Memo S036).

Conceiving of situational awareness as a cyclical subcore helps link the pre-crisis context, the immediate crisis and aftermath (Martin, 2015, p. 19).

The attack is *over*, or it was *avoided*. The victim now starts *stepping* into *passages* which will further *safetify* her through *abiding self-transformative progressing*. Again, she will be *awarenessing* to *avert endangerment*, but now in a different more reflective composed manner, by *perceiving, disentangling, perspectivising, understanding, decisiving, shrewding, and changing*. This fully surrounds and permeates her *resiliencing* which in turn surrounds and permeates the intersecting *passages* of *finishing, futuring, and victoring* as she *progressively transforms her self* into the best version of what she can be—*safetifying* through *abiding self-transformative progressing*.

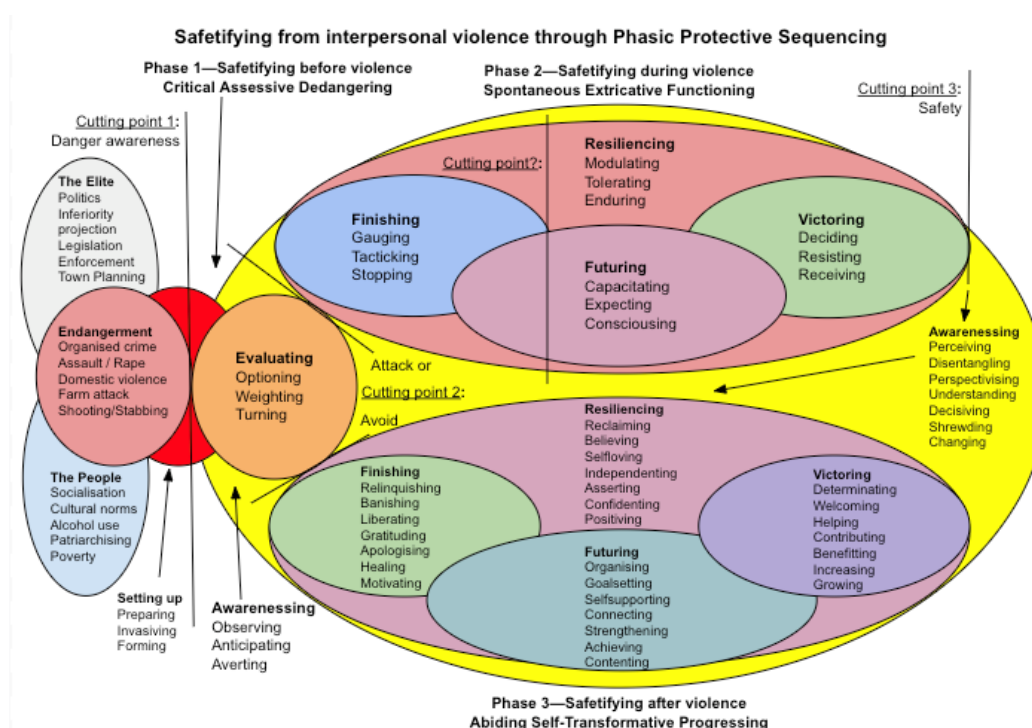
Awarenessing embraces her whole life in a new openness—open to reality and new ideas—allowing her to help herself, and help others (Memo on codes 0088-0090; Childress, 2016; Fry, 2014).

Passage 1: Perceiving. *Safetifying after/after avoiding an attack* induces a whole new pattern of *awarenessing*, firstly through the dimension of *perceiving*.

In the *aftermath* of *an attack/avoiding an attack* the victim *evaluates* the incident by reliving, suspecting, embarrassing, motivating, opening up, and relaxing (Memo on codes 0525-0531; Gumbi, 2017; Mpata, 2011).

Interpreting symptoms accurately is important for proper physical and psychological *treatment*, including that for possible post-traumatic stress disorder. A *target* becomes a *victim* when attacked, a *survivor* after an attack, and a *victor* after that, as she *safetifies* herself *transformatively* through the *processes* necessary to *victoring*. Victors consult professionals (Memo on codes 0778-0780; Manyema et al., 2018). *Safetifying* yourself means being able to procure support from the right people and places at the right time (Memo 0788).

Figure 31—Phase 3 starting after Cutting point 2 or 3



At this point in the theory, it should be understood that Phase 3, while primarily applicable to safetifying *after* an actual attack, can also apply to safetifying *after avoiding* an attack—see above figure, and the theory should be fitted accordingly to any particular situation or scenario. Also, those who have never experienced violence—and there are few who have never experienced some form of structural, psychological, or physical violence—may utilise Phase 3 for general self-transformation.

Victims experience a wide range of impacts from attacks of interpersonal violence which irrevocably alter their *perception*, including aborting, aggressing, alerting, becoming braver, being concussed, cruel, disliked, impoverished, in shock, indecisive, nervous, psychologically distressed, sad, vague, wary, closing

up, opening up, crying, despairing, discomforting, distrusting, emoting, enraging, experiencing cyclical violence, feeling apprehensive, depressed, fragile, guilty, heartbroken, helpless, hopeless, humiliated, imprisoned, incapacitated, insecure, powerless, purposeless, shame, suicidal, tranquil, fearing re-attack, fluctuating, living with difficulty, living a nightmare, losing health, hope, self-confidence, self-value; digit, neurological, limb, organ, skeletal, and other physical injuries, swelling, and damage; suffering from nervous disorders, pain, sleep deprivation, and vertigo (Memo on codes 0532-0594, 0598-0608; Childress, 2016; Gumbi, 2017; Mpata, 2011; Romito et al., 2005; Weaver & Clum, 1995).

Perceiving...is the initial stage of overcoming obstacles (Alborzi et al., 2008, p. 14).

The experience of interpersonal violence so jolts the victim's world that she immediately starts *perceiving* things differently. She has a finer edge now on *observing* and identifying *endangerment* warning signals. She is developing and realising insights, no longer putting herself down, looking deeper, naiving less, *understanding* matters better (Memo on codes 0091-0098; Childress, 2016; Mpata, 2011). Although no excuse for the perpetrator, the victim may realise that unnecessary challenge or recklessness could have triggered the *attack* (Memo 0098; Mpata, 2011).

Being alert and being brave after being *attacked* is one way that *impacting* during *aftermathing* interacts with *evaluation* to find aspects of *safety* for *perceptive* attention (Memo 0535).

Perceiving is the preconscious intuitive habituation of a *shrewd* and careful mind making an effective foundation of *awarenessing* in the *aftermath* of an *attack* (Memo 0094).

Passage 1: Disentangling. This new quality of *awarenessing* through *perceiving* moves the victim on to *disentangling* things. She sources the help she needs and rationally analyses issues psychologically, emotionally, and physically (Memo on codes 0099-0103; Childress, 2016; Mpata, 2011).

Disentangling entails battling (Code 0790; Gumbi, 2017), utilising support, challenging preconceptions (Pergert, 2014; cf. Glaser & Strauss, 1967), trying things, identifying solutions, and *contenting* (Jagiello, 2019). The foregoing statement was conceptualised from that of Jagiello (2019, p. 68). It must be

understood that seeming disparate theories can have aspects within them that are relevant and fit quite different substantive contexts. This is the essence of formal theory emergence (cf. Glaser & Strauss, 1967).

Battling involves a struggle with fear (Codes 0534, 0552, 0553; Childress, 2016; Gumbi, 2017; Mpata, 2011) and other post-traumatic effects like pain; feeling fragile, nervous, distressed (Codes 0593, 0594; Romito et al., 2005; Weaver & Clum, 1995), guilty, hopeless, undermined, destroyed, powerless (Codes 0538, 0558, 0579, 0598, 0603, 0604, 0608; Childress, 2016), imprisoned (Code 0568; Gumbi, 2017), helpless, frozen, humiliated, sad, wary, depressed (Codes 0140, 0248, 0250, 0251, 0562, 0581, 0592; Mpata, 2011), or numb (Herman (2015); apprehensiveness, closing up, crying, discomfortedness, rage, moodiness (Codes 0536, 0540, 0545, 0548, 0551, 0557; Mpata, 2011), indecisiveness, despair, insecurity, physical injury, shock, sleeplessness, suicidality (Codes 0547, 0556, 0559, 0560, 0584, 0600, 0602, 0607, Childress, 2016), and heartbrokenness (Code 0555; Gumbi, 2017).

Disentangling the patient and therapist contributions...[shows that]...patients with poor attachment histories and chaotic interpersonal relationships may well benefit from a therapist who is able to form alliances with difficult patients (Wampold, 2015, p. 272).

People disbelieving the survivor and her violence story can isolate her and make her feel very cut off, lonely, even desperate (Herman, 2015; cf. Bermea, 2019). She finds people who listen to and believe her story. She utilises appropriate *support* by talking freely and is listened to openly about her doubts, shame, stigma (Martin, et al., 2007), acquiescing, helplessness (Bergen, 1996; Finkelhor & Yllo, 1982), fears, guilt—whether real or ascribed. She *perceives* the complexity of the fabric of life's relationships within social settings (Davids, 2016). She works through many issues in her life—*disentangling* conscious and unconscious aspects—which pertain to her experience of violation and violence (Herman, 2015).

Herman's (2015) book is recommended for any survivor, who knowingly or perhaps even unawares, is suffering from post-traumatic stress as a result of violent or abusive trauma at any stage of her/his life, especially for those where it may have started early in life and has recurred as time went on. Also, at this point in the theory explication, it seems good to remind, that if you are experiencing flashbacks of your interpersonal violence experiences, feel

depressed or angry about it, find that you are not functioning optimally with your family, friends, or at work, you are strongly urged to seek the professional guidance of a psychologist and/or psychiatrist. Please choose them wisely, and, if under age, always be accompanied by a parent or authorised caregiver. There are many good caring professionals available who can assist you. The present theory of *safetifying* is a guide to help you to know what people do in order to make themselves *safe* from danger and violence psychologically, emotionally, and physically, but it does not cover everything that everyone does or should do. Thus, it is not a substitute for a person taking responsibility for identifying and doing what is necessary in her/his own life and set of circumstances.

Disentangling takes the heightened *awareness* introduced by *perceiving* and systematically dismantles and reconstructs the survivor's psychological world so that she can *safetify* herself—*transform* herself out of and away from her experience of violence.

Passage 1: Perspectivising. Typically *awarenessing* through *perceiving* and *disentangling* brings one to *perspectivising* on which *step* the emerging victor conjures up scenarios of her experience and looks at them from all sides. This helps to *disentangle beliefs*, feelings, *perceptions*, thoughts, and images, and brings about a better *understanding* (Memo on code 0104; Gumbi, 2017).

In perspectivising her experiences, the person imputes a certain structure, order, and significance to them (Pang, 2006, abstract).

Perspectivising on the part of the survivor of violence includes possible reconsideration and adjustment of *cultural givens* regarding equity and justice in society, not just as it applies to others but to herself as well.

Passage 1: Supporting. *Perspectivising* is intricately interwoven into *supporting*. Acquaintances, friends, lovers (Herman (2015), and family can help survivors overcome the trauma of violence by sympathy, and understanding, but some are accusatory, insulting, and revictimising. Victors consult doctors and helpers and go for regular check-ups. Sessions with experienced psychologists can be particularly helpful with counselling, *disentangling*, and *perspectivising*, leading to greater *understanding* (Memo on codes 0627-0637, 0753, 0791, 0806; Gumbi, 2017; Lawlor, 2014; Mpata, 2011). The victor connects with a caring empathic therapist, promoting her health, agreeing about therapeutic goals and tasks, challenging preconceptions—adopting healthy schemas, personal

interactions, self-acceptance, and self-expression, and reverse *perspectivising*—viewing matters from the *perspective* of others (Wampold, 2015). See *Disentangling* above. *Perspectivising* and *disentangling* are inextricably linked.

She tries out various strategies and techniques suggested by her therapist, identifies those that work, and concentrates on and masters them. This leads to *contenting*—slowly reaching a general sense of satisfaction and *contentment* for what she is *achieving*. See *Futuring* below for these italicised concepts.

Supporting includes not only the survivor seeking *support* for herself, but all manner of *support* which she may share with other survivors, whether by encouraging them to make use of *support* services, facilitating introductions, or involvement in other group programmes for the purposes of the *awarenessing* processes of *perceiving*, *disentangling*, *perspectivising*, and *understanding*.

Passage 1: Understanding. Going through interpersonal violence and hitting rock bottom emotionally gives the survivor a new *perspective* to *understand* many elements and aspects of that experience and of life in general (Memo on code 0105; Childress, 2016). It can sharpen the “no-nonsense” characteristic of personality and makes the survivor apt to execute things in a more *decisive* manner.

Coping strategies...help...to have an objective understanding of...critical incidents (Gumani, 2012, abstract).

Astute therapists acknowledge and understand the possible complexity of the trauma and traumatic symptoms that the survivor either overtly displays or covertly bears which need to be carefully unearthed and processed. The therapist is a facilitator and works hard at maintaining her professional empathy, respect, and unbiasedness in relation to her patient. There may be transference and countertransference throughout the therapeutic experience, and it needs to be cautiously managed so as to always allow the survivor to come to her own *understanding* and responsibly work out her own solutions and “inner coping strategies” (Gumani et al., 2013, p. 9) to her problems. The therapist is not a saviour, but a guide. She does not rescue or *safetify* the survivor. She guides the survivor in her own *rescue*—*perceiving*, *disentangling*, *perspectivising*, and *understanding*—letting the survivor psychologically *safetify* herself (cf. Herman, 2015).

Passage 1: Decisiving. This is more than simply deciding to do something. It is using an already *decisive* state of mind to do definite and specific things in order to achieve certain ends. The trauma of interpersonal violence and the post-traumatic impact and effects can make it difficult for the survivor to concentrate, solve problems, and take action due to *indecisiveness* (Biro et al., 1997) brought on by dysphoria. She may require the assistance of a therapeutic professional to help her arrive at a new *understanding* of herself and her life through *perceiving*, *disentangling*, and *perspectivising* before she becomes suitably more *decisive*.

Decisiveness can be seen as a personal characteristic whose underlying behavioral mechanism is the tendency to limit the predecisional information search and to use simple, noncompensatory decision heuristics (Wichary et al., 2008, p. 52).

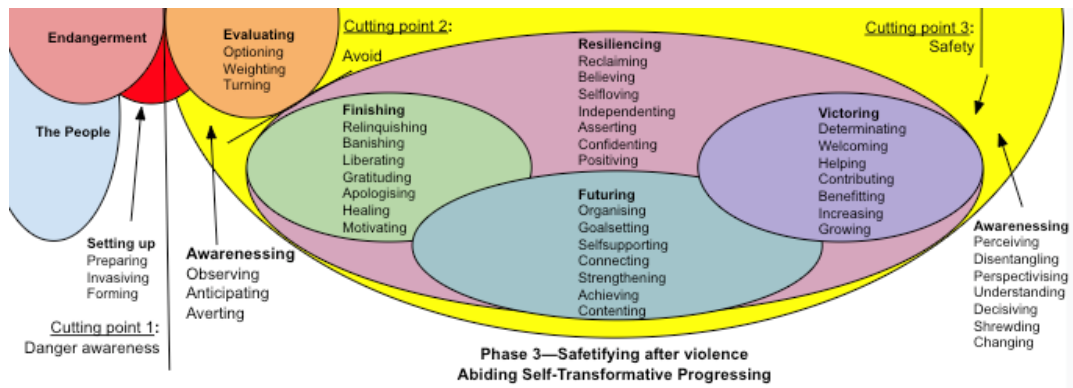
The survivor's new *understanding* brings about a *decisiveness* so that things that are *decided* are clear-cut and enduring. If she *decided* to leave or move, she now knows she will never go back. She also utilises this focus to plan out the rest of her life—*futuring*—*organising*, *goalsetting*, and *achieving* (Memo on codes 0106-0110, 0616, 0617; Carroll, 2011; Childress, 2016; Gumbi, 2017).

If she is ever *attacked* again, she will act *decisively* to *extricate* herself or *stop* the attacker (Larkin & Ranck-Buhr, 2009), including legal action in the *aftermath* (Emery & Laumann-Billings, 1998). She *decisively* undergoes training in self-defence and practices counter-assault past the initial strike freeze. Miller (2011) indicates that a lot of self-defence training teaches learners to freeze after the first offensive strike so as not to hurt the opponent, but he recommends training through the freeze rather on a punch pad or bag in order to inculcate the habit of following up the initial strike where necessary to stop the attacker if the first strike does not do it.

If she is a drinker or mind-altering drug user, the survivor *decides* to give up alcohol and drugs, cleaning up her act, so she can be fully *aware* of how to properly *change*, *reclaim*, *liberate*, *heal*, *motivate*, *organise*, *connect*, *strengthen*, and *benefit* her life (cf. Mpata, 2011).

Decisiving comes about through *understanding*—getting more than just sketchy information, *goalsetting*, and *futuring*, bringing about simultaneous *securitising*, *strengthening* and *independenting* (cf. Martin, 2015)—see figure below.

Figure 32—Decisiving interacting with other dimensions (steps)



Passage 1: Shrewding. *Perceiving* things in a new light helps to *disentangle* them leading to a fresh *perspective* and *understanding* which brings about a *decisiveness* that exercises itself within the principle of “trusting nobody”. It sharpens the victor’s powers of discernment and promotes *shrewding*.

A wise person knows everything; a shrewd one, everybody—Anonymous.

The survivor perceives that *connecting* socially—with *understanding* people—is the real context for *shrewding*. Not that she seeks to deceive anyone, but she needs good people in her life with whom she can constitute discerning, caring relationships. For her *shrewding* is more about not being used and allowing friendships to operate with integrity.

Notwithstanding, she does not allow the wool to be pulled over her eyes. She is nobody’s “kippie”—no one’s fool. She’s as *shrewd* as a serpent and as harmless as a dove (cf. Matthew 10:16); as ferocious as a shrew and as gentle as love.

Nobody stands on her toes anymore. No one will ever catch her off-guard again (Memo on code 0111; Childress, 2016). This is written as if it is the victor thinking out loud. It is not to say that such could never happen again, but that it is the victor’s intention and determination that it will not.

Passage 1: Changing. The *awareness* process hones the victor’s powers of *perception* so that *disentangled perspective* and *understanding* flows through *decisive shrewding*, bringing about responsibility acceptance, being *changed*,

changing for the better, and *changing* the things around her (Memo on codes 0112-0116; Childress, 2016; Merchant & Whiting, 2015).

Changing identities can be equated to exposing one's vulnerabilities; to feeling unprotected and defenceless as uncertainties increase in moving from an existing state of ease to one of susceptibility (Clancy, 2010, p. 46).

Changing, nevertheless, calls on the survivor to be bold and brave as she enters unknown ground where she feels at sea and misses her comfort zone, but as her *perceptions, perspectives, understandings, and decisions disentangle and shrewd*, she is able to espouse the best elements and freshen her identity (Clancy, 2010).

As *awarenessing* completely surrounds and supports *resiliencing during violence*, so it does *after/after avoiding violence*, when the *change-inducing shrewd and decisively perceptive disentangled understanding and perspective* of the survivor undergirds and drives her forward into the *resiliencing reclaimed belief and selflove* of an *independent, assertive, confident, and positive* person.

Passage 2: Resiliencing

Phase 2 shows that *resiliencing* supports a victim and increases in strength through the experience of interpersonal violence (Memo on codes 0141-0142 Childress, 2016; Sammut Scerri, 2015).

Resiliencing is the second passage through which the survivor goes when emerging from her victimhood into *victoring*. She begins to *reclaim* her self-esteem and responsibility for her own welfare (cf. Rosenberg, 1965). She *believes* in the things that are meaningful to her and make a difference. For some it is God, for others it is in the ultimate goodness of the universe. She engages in *selfloving*, self-acceptance, self-appreciation, knowing that only when she fully learns to love herself again will she be *free* to live life to the fullest and be able to share all of life's goodness with others. She realises that she has to stand on her own two feet—nobody else is going to do it for her—she is *independenting*. Emerging through the security of *selflove* and sense of *independence* she is *asserting* herself—giving new expression to the things that she wants and how she wants them. She is not selfishly insistent, but fairly requiring of things to be done in the most effective and amenable way. This brings with it a great sense

of knowing that she is excelling in the most productive manner—she is *confidenting*. *Reclaiming a belief in selfloving independent assertion* produces a *confidence* that spirals her upward and away from all things negative, *positiving* her onward towards the next passage of *finishing* (Memo S037).

In face of hyper-dynamic interactions of shocks and interruptions, a resiliencing mindset activates and retains both realism and vision (Lei, 2017, par. 14).

The “new-you” *awarenessing* *safetifies* the survivor from violence on level 1 by providing the *steps* to *change* required for *finishing*, *futuring*, and *victoring*. Within the all-encompassing *awareness* is the *resilience* on level 2 which likewise surrounds the three other *passages* on level 3: *finishing*, *futuring*, and *victoring*. Thus, *resiliencing* is the factor that drives *finishing*, *futuring*, and *victoring* within the realm of *awarenessing*. When the victim-becoming-victor is *resiliencing* she is *reclaiming*, *believing*, *selfloving*, *independenting*, *asserting*, *confidenting*, and *positiving*. Why all these “-ings”? Because she is doing these things. They are not simply qualities of her character. They are actions of her person.

Passage 2: Reclaiming. While she is *awarenessing*, the victor continues to *resilience* firstly by *reclaiming* her life (“This is my life!”) to which the perpetrator did grave damage and possibly almost destroyed, and then she *resiliences* by *reclaiming* her respect, identity (Memo on codes 0143-0145; Childress, 2016; Day, 2009), and *je ne sais quoi*.

I firmly believe that the price of reclaiming my power is worth any consequences that I may endure or experience (Acosta, 2020 p. 112).

A part of *reclaiming* may include the survivor’s public—whether in court, through a forum, to her family, or otherwise—disclosure or declaration of the harm done to her and which she suffered as a result of the perpetrator’s actions. She acknowledges the importance of adequate and proper preparation in order to make such an event as successful as possible (cf. Herman (2015).

Passage 2: Treatment. Another aspect of the *reclaiming* process is ensuring the survivor receives any necessary treatment. Victors are *aware* that they need access to healthcare and *treatment* but do not always know where to go or how to go about it. Once they do gain access, they need healthcare workers to be sensitive to interpersonal violence incidence, be more attentive to victims’ stories, bonding with the victim, informing about rights, and referring

effectively. Narrating and existentialling (cf. Day, 2009) can help victims to face anxiety, rescript trauma, and regain identity (Memo on codes 0638-0649; Childress, 2016; Day, 2009; Gomes et al., 2013; Haselschwerdt, 2013; Snyder, 2017).

Reclaiming can be improved or deprecated by *believing*.

Passage 2: Believing. Having faith in God does not always prevent the experience of interpersonal violence. In fact, *believing* in God's protection—*despising danger* (Josephus, 93 CE)—to the exclusion of taking proper precautionary measures is probably the reason people of faith can be preponderantly confronted with interpersonal violence. Some victims blame God for allowing their experience of interpersonal violence or blame themselves for not complying with certain religious or ancestral observances, or not having enough faith. *Believing* can help the victor to self-reconcile and work through issues of forgiveness (Memo on codes 0146-0149; Fry, 2014; Gumbi, 2017; Kirlew, 2012; Mpata, 2011).

Believing...is comprised of two different components: believing in one's ability and believing what one is told (Jagiello, 2019, p. 70).

Please note that the concepts that are relevant and fit between the substantive theory of Jagiello (2019) and the present metatheory have to do with the formal process of *believing* in any context (cf. Glaser & Strauss, 1967) and have nothing to do *per se* with babies.

Believers are more likely to experience interpersonal violence. This has very serious implications for how one lives practically as a person of faith. Some believers simply “trust God” to protect them, their loved ones, and their possessions, but this is probably counter-intuitive considering that research shows that violence happens a lot to people who believe. Practically-speaking, it should be understood that God gives his children the brain, the wisdom, and the knowhow to secure, protect, and defend themselves against harm, and they should use such ability properly as responsible stewards of God's gifts (Memo 0146; 1 Corinthians 4.2; Colossians 3.23; 1 Peter 4.10; Shittu, 2014).

Believing in God is a person's choice, but ultimately the person *believes* in herself and her ability to *safetify* and *protect* herself into the *future* living out her life in the most effective way she knows how.

Thus, *believing* is also not just about the victor *believing* in God, but *believing* in herself. In *reclaiming* her identity and self-worth, the victor is *liberated* to *believe* more fully in her ability and potential for improved and successful living into the *future*.

Believing in God is also a type of *selflove* as the person is projecting faith, hope, and love toward an entity who for all practical purposes there is no physical proof of existence. One may see what one regards as evidence for existence of God—e.g. creation—but it does not actually prove God's existence. So the target of one's belief is actually an idea in one's mind of who or what one thinks God to be. God is like a reflection of the person thinking of God—it is like the person herself. So in this aspect of psychological projection it seems like *belief* toward God is essentially *belief* towards oneself which embraces the idea of *selflove*. Indeed some think the *self* to be a part of God (Dass, 2011). Epley et al. (2009) provides sufficient information for an inducible essential equivalence of God belief with self-belief, self-regard, or self-love.

In any event, *believing* in oneself tends towards and enriches *love of self* as it accords *positive* expectation eventuable in the life of the *self*.

Passage 2: Selfloving. For *resilience* to flourish in her life and ground her living as the survivor moves forward, *reclaiming* her identity and *believing* in herself is undergirded by *selfloving*. Only when she accepts herself with all her good points, weak points, gifts, qualities, faults, and failings—*selfloving*—can her *reclaiming* and *believing* really receive the impetus for perseverance in her *self-transformation*.

Selfishness and self-love far from being identical, actually are opposites (Fromm, 1939 p. 16).

The survivor starts to *love herself* and realises that by taking care of all of her needs—physical, emotional, and spiritual—she increases her selflessness and is able to better love and care for others.

Selfloving also generates *confidence*, respect, and compassion for self, developing groundstanding—when a person stands their ground (Memo on codes 0150-0152; Childress, 2016; McLean et al., 2018).

Awarenessing with its seven dimensions (*steps*) raises flexibility in the survivor. Increased flexibility and *selfloving* lead to *independenting*, *asserting*,

confidenting, and *positiving* which reduces stress and raises happiness (Memo on codes 0595-0597; McLean et al., 2018; Romito et al., 2005).

Selfloving also means the victor takes responsibility for her mental health and any physical health issues such as possible HIV or other infection as a result of interpersonal violence (Memo 0766; Manyema et al., 2018).

Passage 2: Independenting. Going forward and living out a relatively *independent* life—unconstrained by the unnecessary forces, wishes, and impingement of others—is *independenting*.

Despite an uncertain probability of outcomes when independently exercising “wobbly” control, successful outcomes likely reinforce exercising independent actions (Dowling-Castronovo, 2015, p. 47).

The introduction of this quotation from Dowling-Castronovo (2015) has implication for formal theory as well as substantive group comparison (Glaser & Strauss, 1967). This is not to equate the violence survivor with the aged incontinent, but it lifts out of both human scenarios only those elements which pertain to a loss of control over certain events and an attempt to regain mastery. The one is psychological and the other is physiological, but both are grappling with the physical world, and the former may indeed involve physical injury or disability as well. Again, the applicability—relevance and fit—of this statement pertains to its formal implications concerning the utility of trying to be independent even when not yet fully in control of aspects of one’s life.

When first taking charge of her life, *independenting* may feel fresh and new and somewhat uncertain, but as the survivor persists and experiences *positive* results from her efforts, *independenting* slowly dimensionalises *resiliencing*.

Thus, *selfloving*-motivated *reclaiming* and *believing* in herself gives expression to a sense of *independent* functioning heretofore generally unfamiliar in the survivor’s life. She systematically eases herself into *independence*, doing many things she never previously did or even thought she was capable of (Memo on codes 0153-0155, 0813; Childress, 2016; Jamieson et al., 2006).

Passage 2: Asserting. *Independenting* leads to the realisation that the survivor has a right to her space, her life, and her *safety*. She has stood up from violence and now she is standing up for herself. She will put forward her ideas,

actions, and dreams into the world with a new *determination*. *Asserting* herself begins to become second nature as she circumvents or moves through obstacles and *achieves* her aims (Memo on codes 0157-0159; Alborzi et al., 2008; Childress, 2016).

Assertiveness...refers to a number of different dimensions which include the ability to express self without anxiety, anger or aggression in various interpersonal situations, especially in situations of potential conflict of opinions, needs or rights (Gilbert & Allan, 1994, p. 295).

The survivor *reclaims* her rights, states her needs, and conveys her opinions without being angry or feeling or showing worry or hostility. She knows she is just as entitled as the next person to be respected and to have a place in the world. *Asserting* helps her to express her *reclaimed independence*.

Passage 2: Reporting. In *asserting* herself, the survivor ensures that she has made adequate police report and legal action against the perpetrator and she respectfully but tenaciously monitors and obtains feedback on the same until justice is done (Memo on codes 0618-0626; Gumbi, 2017; Mpata, 2011; cf. Glaser, 1998). Reporting crime and violence is a salient dimension of *safetifying* as it allows for perpetrator apprehension as well as future potential violence reduction for self and others—it helps to tighten the security of (*securitise*) communities (Memo 0748; Fry, 2014).

Passage 2: Confidenting. The confidence loss that violence experience brings is slowly overcome by *independent, selfloving assertion*. Love—*selflove* in this instance—leads to *confidence* (Honneth, 1995, cited in Sigamoney, 2016). The self-reliance and self-trust of *independenting* works with the self-esteem (Papadakaki et al., 2009, cited in Friesen, 2018) of *asserting* to enable (Clancy, 2010) the toleration of *change* insecurity (Holton, 2007) and restore *confidence*. Getting *confidence* back in turn bolsters self-reliance (Ko & Kim, 2015)—*independenting*. This results in the victor *confidenting* autonomously (Memo on codes 0161-0163; Childress, 2016; cf. Glaser, 2015).

Strengthening confidence can help victims shatter the violence cycle and move effectively into *independenting* (Itzhaky & Porat, 2005, cited in Friesen, 2018). A violence experience can produce feelings of inadequacy or shame or an inability to cope with life which diminishes *confidence*. Therapy should address such issues (Lodge, 1983, cited in Tindleni, 1992). *Decisiving* and

organising can help the survivor to exert some control over things, increasing *confidence* (Lysek, 2016), which in turn results in better *decisiving* (Elizondo-Schmelkes, 2011) and *organising* (Brolin et al., 2016). Others *believing* the story and *believing* in the value of the survivor inspires *confidence* in her (Gordon et al., 2011).

In fact, acquiring *confidence* is foundational to *independenting* towards *futuring* in *organising*, *goalsetting*, and *achieving* not only psychological *victories* but physical and financial as well (Ko & Kim, 2015). Overcoming poverty or other financial difficulty in turn builds *confidence* (Lodge, 1983, cited in Tindlen, 1992).

Confidence is a function of time and personality. Confidence can develop fairly quickly and is linked to experience (Andrews & Waterman, 2005, p. 84).

Whereas the violence experience may lead to feelings of dehumanisation, regaining *confidence* can let the survivor feel rehumanised (cf. Holton, 2007a).

Rebuilding *confidence* does not happen overnight. It requires *perceiving*, *disentangling*, *perspectivising*, *understanding*, and *learning*, repeated *changes* in thought by increments of *reclaiming*, *believing*, *selfloving*, *independenting*, and *asserting*, as well as *connecting* (Holton, 2007a; rootcause.org, 2011, cited in Friesen, 2018) and *strengthening*. All of this contributes through such *abiding self-transformative progressing* to *safetify* the survivor, which sense of *safety* further enhances *confidence*. *Connecting* in social networks for psychological support and physical emergency intervention, and attending survivor identification and assistance training courses also instils and develops *confidence* (Daruwalla et al., 2019). If the survivor is injured from the *attack*, she follows professional protocols to reable herself—increasing *independence* and *confidence*—whether it be medicine, exercises, or something else. *Confidenting* empowers the survivor to engage in the activities that make up *finishing*, *futuring*, and *victoring* for a better and more fulfilling life (cf. Moe & Brinchmann, 2016).

Confidence to manage any possible *future* violence and effectively *extricate* herself comes from competence in *understanding* self-defence scenarios and in practicing self-defence *techniques*. It can help the victim get over a freeze and function better for fight or flight. Over-*confidence* should be avoided. The victor also practices articulating the elements of an attack by running hypothetical

scenarios in her mind or out loud to herself covering “Intent, Means, Opportunity, and Preclusion” (Miller, 2011, p. 177). This will help for accurately reporting any violence experienced and in a manner as to justify the victim’s correct use of force if any.

Passage 2: Positiving. *Confidenting* provides emotional space for the survivor to be less sad, to be hopeful and happy, concentrating on creating new images and scenarios of her expectations, assets, and strengths. She is *positiving* (Memo on codes 0164-0166; Childress, 2016; Day, 2009; Mpata, 2011).

People like to talk with positive people, whereas they avoid pessimistic, embittered people (Adjognon, 2014, p. 25).

As the survivor *resiliences* through *positiving* she is attracted to other *positive* and constructive people who help her *reclaim* her trust, *belief*, *selflove*, and *confidence*. She begins to *connect* again with people in an optimistic and compassionate manner.

Awarenessing embraces the survivor’s entire life, *safetifying* her. It is not just the *awarenessing* of Phase 3, but of Phases 1 and 2, which includes *observing*, *anticipating*, and *averting*. It informs her *resiliencing* which surrounds and undergirds her ongoing *self-transformative progress* through the passages of *finishing*, *futuring*, and *victoring* — see adjoining table. In this way the victim becomes a victor by *safetifying* her physical, emotional, psychological, and social *self*.

Table 39—Level 1 & 2 passages surround & support Level 3

RESOLUTION		Safetifying after interpersonal violence through Abiding Self-Transformative Progressing psycho-social process (cf. Glaser, 1998)					
PHASE 3		Passage 1	Passage 2	Passage 3	Passage 4	Passage 5	
		Awarenessing	Resiliencing	Finishing	Futuring	Victoring	Level 1
Step 1		Perceiving	Reclaiming	Relinquishing	Organising	Determinating	Level 2
Step 2		Disentangling	Believing	Banishing	Goalssetting	Welcoming	Level 3
Step 3		Perspectivising	Selfloving	Liberating	Selfsupporting	Helping	
Step 4		Understanding	Independenting	Gratituding	Connecting	Contributing	
Step 5		Decisiving	Asserting	Apologising	Strengthening	Benefitting	
Step 6		Shrewding	Confidenting	Healing	Achieving	Increasing	
Step 7		Changing	Positiving	Motivating	Contenting	Growing	
		stepped passaging					

Passage 3: Finishing

The steps of the *finishing* passage are taken in between and in and out of the aspects—*evaluating*, *securitising*, *enforcing*, and *handling*—of the stage of *mopping up*. As stated above, *mopping up* (longer-term) is one of two blanket stages that span Phase 3—the other stage being *aftermathing* (immediately after violence). These are no longer indicated in *safetifying* outlines and models, due

to constant comparative deprominancing, but should be conceptually understood to be broadly present.

Resiliencing initiated the *positiving* thrust into *finishing* up unfinished business, for although the new person is emerging from the *resiliencing* passage, she now has to *finish* up the things that nonetheless want to drag her down. Thus, she is *relinquishing* old associations, habits, people, situations, etc. that would impede her *progress*. She is *banishing* fear and every useless encumbrance that would hold her back. She is *liberating* herself not irresponsibly but determinedly and cautiously, but definitely. She is *gratituding* to all who have and are helping her proceed, *apologising* where this might be due for any mishaps or misunderstandings on her part, entering a new realm of *healing* which will permeate and *motivate* her onward into her coming *passage* of *futuring* (Memo S038).

Victims who are vulnerable to repeating past traumas remain in a crisis precisely because of this 'unfinished business' of trauma, and they need help to regain control over their current lives (Gobodo-Madikizela, 2008, p. 175).

Whereas *finishing* in *safetifying* from the attack was a matter of *finishing* the attack—*stopping* the attacker or *escaping*—*finishing after/after avoiding an attack* is a *self-transformative passage* of *finishing* up unfinished business by taking the steps of *relinquishing*, *banishing*, *liberating*, *gratituding*, *apologising*, *healing*, and *motivating* (Memo on code 0231; Potts, 2011).

Passage 3: Relinquishing. Letting go of worries, shame, vengeance, and things that drag the victim down is the first step in *finishing* up unfinished business and in constructing her new victor identity. This is the essence of *relinquishing* (Memo on codes 0232-0233, 0609, 0610, 0613; Childress, 2016; Clancy, 2010; Mpata, 2011).

Relinquishing brings with it a fear of exposing and being subjected to unnecessary ridicule and vulnerability (Clancy, 2010, p. 46).

Relinquishing is hard work, to be sure, and it may or may not require many hours of therapeutic interaction. Either way the *perceptive, disentangled perspective* and resultant *understanding* which it brings, supported by *belief*, *selflove* and *positive, assertive confidence* eventually overcomes the feeling of risk of potential criticism from self and others.

Thus, in *reclaiming*, the victor takes unto herself the right to her identity, and in *relinquishing* she jettisons all encumbrances to the establishment of that identity.

Passage 3: Banishing. Some things you let go of and others you actively discard or throw out. *Finishing* up includes getting over your fears, *banishing* them, forgetting the pain or at least being allowed to not have to relive it, cleansing your heart and your mind and feeling less anxious (Memo on codes 0234-0236, 0612; Childress, 2016; Gumbi, 2017; Mpata, 2011). To adequately accomplish this the victor also needs to do the necessary in physically *securitising* her surroundings.

Rather than possessing a superior ability to forget trauma-related material, the most distressed survivors exhibited difficulty banishing this material from awareness (McNally, 2003, par. 10).

The survivor knows that specialised assistance available from reputable therapists may be necessary to overcome the intrusive effect of violence experience images and feelings. She may require desensitisation or in-depth analysis—such as referred to above throughout—in order to firstly acknowledge the traumatic material, verbalise it, and reintegrate and reposition it in her thinking and life (cf. Herman, 2015).

After an *attack*, the survivor aids fear-*banishing* by surveying the inside of her house, determining key placement, locking procedures, safe locations, barrier (gate, burglar bar, trapdoor) strength, etc. (Memo on codes 0650-0658; Gumbi, 2017).

Passage 3: Securitising. *Safetifying* is further carried out by assisting the victim to clear bushes, install locks, ensure adequate lighting, preparing the victim for *protecting* her person and property, providing security, and further *securitising* (Memo 0301 on codes 0704, 0707-0714; Fry, 2014).

Where community dangers are present, the victor assists in *safetifying* the environment through such means as greening, neighbourhood patrols, etc. (Memo 0705; Manyema et al., 2018).

Safetifying is additionally dimensionalised by *preventing*, which includes deterring crime and violence and hardening targets such as indicated above (Memo 0720; Fry, 2014).

Mopping up is an iterative deployment—across passages—which needs to be done and continued on an ongoing basis, ever refining its parameters like secure location of keys (e.g. in safes or on person), keeping gates and doors locked, etc. (Memo 0727; cf. Gumbi, 2017). It can also involve things like carrying or have near at hand your safe key, putting on the alarm, locking *safety* gates/doors, or even something more extreme as selling your property and moving elsewhere (Memo on codes 0727; Gumbi, 2017).

Even the angle at which you leave the window handle when a window is opened can have a bearing on a predator noticing it is not in the closed position providing further confirmation of his *preparation in setting you up* (Memo 0066; Gumbi, 2017; Breckenridge et al., 2012).

Securing environments may also entail window protection and the willingness to remove or have trespassers removed (Memo on codes 0706, 0715-0719; Anthony, 2015; Gumbi, 2017).

All of these elements are considered and dealt with by the victor so her *relinquishment* of insecurity and *banishing* of fear can be tangible realities in *finishing* up the unfinished business of her *protection* and *safety*.

Passage 3: Liberating. It is interesting to note that *liberating* is one of the central *passage steps* in Phase 3 of this metatheory, and it is here that Phase 3 integrates strongly also with a *sociopolitical liberation* (Sardenberg, 2008) needed to mitigate the effects of the *contingent contextual conditioning* of *endangering*—see beginning of this Chapter 4.

Thus, *finishing* up unfinished business takes *relinquishing* encumbrances and *banishing* fears to be *liberating* the victor through her reappraising guilt and shame, rejecting blame, avoiding revictimisation, and zealing forward (Memo on codes 0237-0239, 0611; Childress, 2016; Mpata, 2011; Schreiber et al., 2009; Webster & Beech, 2000).

The notion that liberating empowerment implies a process of conscientisation, raises questions not only in regard to the sociopolitical dimensions of the phenomenon, but also to the psychological processes at play (Sardenberg, 2008, p. 24).

Not only is the survivor herself *liberated*, but the mechanism of her *liberation*—her empowerment—is *liberated*, if she *reclaims* it for herself with

confident assertion and does not allow any sense of *projected inferiority* or *social norm* to intimidate her or cause her to recoil (cf. Sardenberg, 2008).

The survivor's identity is more often than not adversely affected by interpersonal violence. Who and how she is in relation to others is broken down by the intensity—and repetition in some instances like captivity or domestic violence—of the breaches of personal space, safety, and bodily integrity. In *working on unfinished business*, the victor now slowly builds back the principles of trusting and respectful interaction with those within her circle who can simply just be there for her, uncritically giving her support and listening to and validating her story. (If she does not yet have such people in her life, she uses *connecting* to acquire them. But she will not struggle alone. She perseveres until she finds sincere, caring people—or at least one—with whom she can associate and interact.) Her story is real, and it needs to be told—in full—to someone worthy, who can listen and reflect nonjudgmentally and empathically. This can be exhausting—but it is work that needs to be done—yet, at the same time, she finds it exhilarating, and it rebuilds and *liberates* her identity (Herman, 2015; Russell, 2011).

Passage 3: Enforcing. *Liberating* is also about ensuring or at least working towards the capture, polygraphing, prosecution, and sentencing of perpetrators. This includes a survivor's attacker/s and those of others the survivor may be assisting (Memo on codes 0747, 0750-0752; Gumbi, 2017). In other words, *liberating* includes forcing—in a respectful but firm manner—the enforcers to *enforce*—see *Enforcement* under *The Elite* above.

Passage 3: Gratitude. Such *liberation* of emotionality and mind makes way for acknowledgements of *gratitude* towards life, others, and even oneself.

Small expressions of gratitude can motivate prosocial behaviors by leading helpers to feel socially valued (Grant & Gino, 2010, p. 954).

Gratituding has an all-round *positive* effect, expressing *perception*, *understanding*, *reclamation*, *belief*, *selflove*, *independence*, *assertiveness*, *confidence*, *relinquishment*, and *banishment*, and evoking *healing*, *motivation*, *connection*, *strengthening*, *contentment*, and *growth*—see table below.

Survivors are thankful for the help they are receiving and want to pass it on to others, living to serve, appreciating what they have, showing respect to all

people and scenarios surrounding her violence experience in which there might be the appropriateness of an apology for something. The victor will know what these are, if they exist.

Passage 3: Healing. *Gratitude* and *apology* where necessary bring *healing* to the *liberated* soul.

A new model of relating that is accepting and safe can be a starting point for healing (Maisha, 2020, p. 5).

Healing can be catalysed by a caring and comforting family member, lover, friend, or acquaintance (Memo on code 0246; Mpata, 2011; cf. Herman, 2015).

Passage 3: Motivating. *Motivating* comes from the *liberated healing* of the hardship and pain of interpersonal violence (Memo on code 0247; Childress, 2016). Such *liberated healing* is a powerful *motivator* for finally sorting out and *finishing* up any further unfinished business.

The expectancy of the various consequences potentially arising from an action outcome must necessarily play a decisive role in motivating behavior (Beckmann & Heckhausen, 2008, in Heckhausen & Heckhausen, (Eds.), 2008, p. 206).

The survivor is *motivated* to be *aware* and *resilient* and to *finish* integration of her violence experience because she anticipates the further *self-transformative* dimensions of *futuring* and *victoring*.

Passage 4: Futuring

Now the focus is very much on *futuring*, ensuring there is a way for her in the future. She is *organising* many aspects of her life and those which interact with her in a way that embrace and *support* her *goalsetting* for *selfsupporting* her world onward into the coming time. *Connecting* with others is very important now as she weaves a life of *securitising* herself in numerous ways both physically and socially, *strengthening* her inner being and resolve for *achieving* all she is setting before herself for the *future*. In this she is *contenting* herself and she rests in the knowledge of good things put into place for maximum *future* success.

The goal of futuring is not to predict the future but to improve it (Cornish, 2004, p. 65).

Suffering and being released from interpersonal violence brings one through the *finishing passage* by *motivating* the victor to build on the past for the *future*,

and not to drag it into the *future*. The survivor may not know what the *future* holds, but she is *determined* to make it better. She is forward looking, ready to, in fact, make the best of everything—*futuring* (Memo on codes 0260, 0261; Childress, 2016; Ekins, 2011).

Safetifiers practice futuring by organising and goalsetting for selfsupport, and connecting and strengthening for achievement and contentment.

Passage 4: Organising. Victors identify the elements of their daily lives through *disentangling*, sorting them out, and *organising* them for effective control (Memo on codes 0262, 0263; Brolin et al., 2016; Childress, 2016).

...the core problems of organising; working out what is going on and why, what to do about it and the translation of those understandings into action (Brown, 2002, p. 159).

Thus, explicitly, open *awareness* to the many facets of various situations calls on the victor to take the time to *perceive*, *perspectivise*, and gain an analysed—*disentangled*—*understanding* of how things stand and how she wants them to be, then *decisiving* and *shrewding* to *resilience* her way to *positive change* by making the necessary adjustments. This is how she processes *organising* her life to align with her idea of a golden *future*.

Passage 4: Goalsetting. *Reclaiming, independenting, and asserting liberates* the victor for *goalsetting* to work towards her dreams for *self* and to *help* others. *Goalsetting* has to be managed, reviewed, adjusted, and maintained (Memo on codes 0264-0267; Childress, 2016; Glaser, 1978).

...goal setting facilitates self-regulation in that the goal defines for the person what constitutes an acceptable level of performance (Latham & Locke, 1991, p. 234).

The survivor *relinquishes* any and all *inferiority projections* and lopsided *cultural norms* and declares herself no more beholden to them—*liberated*. She *capacitates* herself and *consciously futures* with *expectancy* by taking the rearranged and *organised* elements of her life to *set* realistic but challenging *goals* towards which she can work for *achievement* and *contentment*. The *goals* she *sets* indicate what and how she will perform and in this way she regulates her activity (cf. Latham & Locke, 1991).

Passage 4: Selfsupporting. Support from others develops *selfsupporting* capability in the victor through reassessing *perceptions*. She in turn uses her

organising and *goalsetting* skills to do something that not only will *support herself* physically and psychologically but will in turn *contribute* to the support of others: “Some for me and mine, and some for others” (Childress, 2016, p. 153 paraphrase; Memo on codes 0268, 0269; Brolin et al., 2016; Childress, 2016; Simmons et al., 2016). Thus her *selfsupporting* is seen as a cycle of *helping* others and being *helped* in return. In this way the victor reforms, reknits and re-establishes her relations with others and relearns *self* and mutual trust, *understanding*, and *connection* (Herman, 2015).

A creative product may function intrapsychically as a kind of messenger between dissociated self-states and consciousness, and it may also serve as a witnessing presence in a self-supporting and self-constituting way (Bose, 2005, p. 51).

Thus, the survivor may achieve therapeutic benefit of *connecting* with her true feelings (cf. Frederickson, 2013) about her violence experience by playing with wire—bending it into shapes—doodling or drawing, sketching, pastelling or painting, moulding clay, etc. These products can also be sentinels to her experience, suffering, pain, and *victory*, building her *selfsupport* and sense of reconstitution (cf. Bose, 2005).

Some victors develop and expand their *selfsupporting* through involvement in games, sports, dancing, body movement, drama, and group discussions and techniques (Ley & Barrio, 2012). It builds *selfloving* and *independence* (cf. Helfrich et al., 2006).

Passage 4: Connecting. *Organising, goalsetting, and selfsupporting* initiate and drive *connecting* if it has not yet properly started in the victor’s life. She is not an island, and, in fact, it is more pleasant and fulfilling to *connect* or *reconnect* and be *connected* to people whom she loves and who can provide mutual *understanding, healing, and motivation*, and with whom she can abandon secretiveness and be open, reducing psychological distress and trauma impact (Memo on codes 0156, 0270-0272, 0614, 0615; Manyema et al., 2018; Mpata, 2011; Sammut Scerri, 2015).

When a nonjudgmental environment has become enabled or stays enabled, it is then possible to connect with oneself, to connect with others and to connect to the collective environment itself - enabling as a condition for connecting (Johannesen, 2019, p. 50).

This is the time to take stock of the *connections* in her life, and to establish and maintain those that can aid her *organising, goalsetting, and achieving*.

Among these might be capable professionals or experts like a psychologist, endocrinologist, physician, self-defence trainer or attorney, or psychiatrist, or any other appropriately capable non-judgemental person (cf. Johannesen, 2019). The salience of this is pointed out and recommended by Miller (2011)—carrying your attorney’s business card, for example. It can make a difference as to how the police treat you, knowing that you have access to a good lawyer, in the event of you, for example, being detained for defending yourself under the suspicion that you may have used excessive force.

Connecting socially and *supportively* can moderate the effects of violence on psychological well-being (Memo on code 0798; Coker et al., 2002 in Manyema et al., 2018; De Silva et al., 2007; Myer et al., 2008).

Passage 4: Dialoguing. *Connecting* leads to *dialoguing*. *Safetifiers* use their spare time to get involved in community and other activities to try prevent and reduce violence. They *dialogue* with neighbours, organisers, *politicians*, and other people of influence to help change *society* for the better. This may involve or lead to numerous activities, such as *enforcing*, *getting involved*, *supporting*, and *lobbying*.

Passage 4: Strengthening. *Connecting* makes the victor *stronger*; *strengthening* humanlinises her, increasing *decisiving* and *independenting*. Humanlinise is the verbal form of the noun humanliness. Humanlinise, here, pertains to the increased sense of operating as an optimal human being brought about by the psychological *strength* drawn from *connecting*. *Strengthening* leads to better *organising*, *goalsetting*, and *understanding*. *Strengthening* physical health is also important to ensure the victor's ongoing wellbeing and *safety* (Memo on codes 0273, 0274; Childress, 2016; Moe & Brinchmann, 2016).

...a relationally-based sense of worth, knowing that one matters to someone else, as opposed to an achievement-based sense of self-esteem, may be another essential reservoir of energy strengthening one’s ability to be resilient (Hartling, 2008, p. 5).

Thus, the victor, while she is poised for *achievement* of her clarified *goals*, is ever aware that the *strength* for her ongoing *self-transformation* comes from *connection* with others.

Passage 4: Achieving. *Independenting* puts the victor in the frame of mind for *goalsetting* and *achieving* of those goals. *Selfsupporting*, *connecting*, and

strengthening arsenals (“arsenal” used as a verb) her for *achievement* of her personal aims and desires which includes *helping* others like her (Memo on code 0275; Childress, 2016; cf. Jamieson et al., 2006).

So I would consider myself successful if I had set goals for myself and I was working to achieve those. Not necessarily even accomplishing those goals, but just achieving, striving to achieve them (Kristine (pseudonym) in Enke & Ropers-Huilman, 2010, p. 14).

In order to achieve her goals, the survivor may need to acquire certain skills (cf. Osborne, 2019). Yet her *determination* and *belief* and *confidence*—all of which she is allowing to grow daily within her—focussed on *motivating*, *organising*, and *selfsupporting* encourages her to do so. And so she learns how to do new things that she can better work towards and *achieve* her aims. Bit by bit, day by day, she is *achieving*.

Refer to adjoining table. The victor also *progressively achieves self-transformation* through all the processes (*passages*) and dimensions (*steps*) of *safetifying* — from *awarenessing* to *victoring* and from *perceiving* to *growing* (cf. Andrews & Waterman, 2005).

Table 41—Achieving Self-Transformation

RESOLUTION		Safetifying after interpersonal violence through Abiding Self-Transformative Progressing psycho-social process (cf. Glaser, 1998)					
PHASE 3							
		Passage 1	Passage 2	Passage 3	Passage 4	Passage 5	
		Awarenessing	Resiliencing	Finishing	Futuring	Victoring	Level 1
Step 1	Perceiving		Reclaiming	Relinquishing	Organising	Determinating	Level 2
Step 2	Disentangling		Believing	Banishing	Goalsetting	Welcoming	Level 3
Step 3	Perspectivising		Selfloving	Liberating	Selfsupporting	Helping	
Step 4	Understanding		Independending	Gratituding	Connecting	Contributing	
Step 5	Decisiving		Asserting	Apologising	Strengthening	Benefitting	
Step 6	Shrewding		Confidenting	Healing	Achieving	Increasing	
Step 7	Changing		Positiving	Motivating	Contenting	Growing	
		stepped passaging					

Passage 4: Contenting. *Contenting* originates in the victor’s reduced worry and regret (Code 0276; Childress, 2016) and increased sense of *safety* and satisfaction (Sandén et al., 2015) gained from preparing herself for the *future* by *organising*, *goalsetting*, *selfsupporting*, *connecting*, and *achieving*. This leads to a vibrant sense of *contentment* carrying the victim through into the ultimate passage of *victoring*.

Contentment is achieved by doing safety in a collective support system that includes momentary helpful and altruistic inclusive attitudes (Sandén et al., 2015, p. 78).

Contenting is the psycho-social process whereby the survivor *safetifyingly* contextualises herself *connectively* with others, *strengthening*, *helping*, and *achieving* together (cf. Sandén et al., 2015).

Passage 5: Victoring

The *determinating* anticipatively exercised in the *futuring* passage, the survivor carries through into *victoring* which will be her rallying cry forward, onward, impelling her into the exciting fresh new unknown, bigger, better, bolder, and wiser than before. She is *welcoming* others around her into her life, but only those who are assessed to be good and trustworthy. She *welcomes* other survivors who like herself are on the road or need to know the way to *victoring*. She is *helping* others to overcome their wounds and pain, *contributing* to their lives, *benefiting* by sharing and *helping*, *increasing* in wisdom, knowledge, ability and *strength*, *growing* into her full potential. She is constantly making and keeping herself and her life *safe*. She is *safetifying* (Memo S040).

The common victim-survivor dichotomy implies the victorious nature of survivorship, and the triumph of the human spirit over life adversities (Shklarov, 2009, p. 61).

Victors practice *gratituding* in relation to the memory of their perpetrators, not for the damage done to them, but for the *awarenessing*, *resiliencing*, *finishing*, and *futuring* it has placed upon their lives bringing them to *victoring*—*self-transforming* from victim to victor. Although the perpetrator's actions were wrong, he inadvertently gave the victim the opportunity to achieve *liberation*, surviving through *resiliencing*, to *finish* and *future* into *victoring* (Memo on codes 0292-0295; Childress, 2016; cf. Shklarov, 2009).

The survivor's *victory* is not one of dominance or avowed retribution (cf. Gada, 2018), but one of relief and triumph (cf. Shklarov, 2009). The violence is over, and the way has now been cleared for *finishing* unfinished business, *organising* her life, and moving forward.

Passage 5: Determinating. This is beyond simply determining to do something; it is the action of procession with determination in one's life. Victors are willing to work, wishing to work, compelled to serve, and *determined* to *help* and *support* other survivors (Memo on codes 0296-0299; Childress, 2016). *Independentering* and *asserting* leads to a high level of *determining* in which victors express commitment to *achieving* their *goals*—the crux of *determinating* (Alborzi et al., 2008).

...successful women... from various nations - particularly those from developing countries - share personal characteristics of determination, love of learning and an indemonstrable will to achieve their goals (Alborzi et al., 2008, pp. 21-22).

Determinating is reflected in men who make *decisive*, special, or concerted efforts to cognitively and behaviourally oppose and resist intergenerational hereditising of interpersonal violence propensities, thereby reducing overall community violence and breaking the *socialised, patriarchal cultural norms* generally resulting in *endangerment* (cf. Mancera et al., 2018).

Survivors show their *determinating* through doing whatever they can within their communities and further afield to address the abuses of *the elite* and the failings of *the people* to bring about a reduction in *endangerment*.

Passage 5: Welcoming. *Gratituding* for her own *liberation* leads a survivor to wanting to let other survivors in to her life and means of assisting them in whatever manner possible (Code & Memo 0300; Childress, 2016). Her *independenting* leads to *determinating* for *welcoming* and *helping* other survivors. Her *goalsetting* and *achieving* is focused through her *motivation* to *help* other survivors become victors. *Connecting*, *welcoming*, and *helping* go around in an amplifying multi-transformative loop, *contributing* to and *benefitting* all involved (cf. Childress, 2016; Mpata, 2011).

Being able to *welcome* a person from her violence experience into a place of *safety* is a priceless gift to a survivor, and victors offer such opportunities to others (cf. Childress, 2016).

Characteristics associated with being a victim (e.g., insecurity, submissiveness;...) likely make it difficult for victims to create a welcoming context in which friendships can develop and/or offer the companionship and support needed to maintain friendship...(Kochel et al., 2015, p. 12).

Surviving interpersonal violence is a harrowing and lonely experience, and many survivors find it difficult if not almost impossible to talk about their experience. This leaves them emotionally and psychologically isolated, often with feelings of unresolved anger and hopelessness. Opening one's arms, as it were, to such individuals and *welcoming* them into the victor's arena can go a long way to *helping* them feel that life is still worth living and that others with similar experiences can add to their encouragement and *strength* (cf. Herman, 2015).

Welcoming them in this way helps the survivor work through the *victoring* passage, all the while developing *protectively sequenced* aspects of the other passages — like *awarenessing* and *resiliencing* — and *achieving* a *self-transformative* level of *safetifying* for herself, as well as for others.

Passage 5: Helping. *Welcoming* other survivors leads on naturally to *helping* them in meaningful ways which contributes to everyone's *safety*, *benefiting* all and *increasing* personal and social *safetifying* capacity, allowing each to *grow* into their best version of themselves in a healthy and *safe* way.

...responsible authorities in society need to lead nations in helping women take positive steps, eradicating obstacles and facilitating accessibility to their lifetime aims (Alborzi et al., 2008, p. 24).

Helping includes empowering survivors—women and men—to access resources which can *contribute* to *safetifying* with attainment of their *goals* (cf. Alborzi et al., 2008).

Helping includes preparing and assisting survivors to improve personal and property *protection*, incidence *awareness* creation, distributing aid, and establishing *help* centres (Memo on codes 0301-0317; Childress, 2016; Fry, 2014; Gomes et al., 2013).

Passage 5: Contributing. *Helping* by *contributing* does not end by doing charity. *Contributing* means seeking *help* for self and encouraging other sufferers and survivors to do the same, and networking and *connecting* with suitable service providers, utilising and sharing this knowledge. *Contributing* is for really making a difference in one's own life and those of others, and includes *getting involved*, *training*, and *lobbying* where possible (Memo on codes 0318-0325; Childress, 2016; Schreiber et al., 2009).

Making oneself important involves striving to contribute to society, and finding a place or a way in which one has an important role to play; it is performed by helping others, being a support for others, and spreading joy among others, but also by searching for education or work, studying, taking driving lessons, performing important tasks at work, and doing a good job (Brolin et al., 2016, p. 18).

This quotation is selected for its formal application potential, and as such can apply to anyone *contributing*, and not just to people with psychiatric disabilities (Brolin et al., 2016).

Passage 5: Getting involved. *Safetifying* survivors look for opportunities to *contribute* time and energy to issues or projects for interpersonal violence reduction. This may include *training*, *lobbying*, or some such related activity.

Passage 5: Training. Victors take the time to go for and *help* with *training* other people in *awareness*, *securitising*, shooting, self-defence, and *safetifying*, encouraging action, developing watch groups, tailoring interventions, promoting nonviolence, and improving coping and *safety* skills (Memo on codes 0799-0805, 0807-0812; Fry, 2014; Gumbi, 2017; Manyema et al., 2018; Porter, 2011; Salazar et al., 2016; Stockdale & Nadler, 2012). *Safetifying* yourself also includes being able to control your own and manage others' aggression, handle depression, control discipline, and manage distress (Memo 0754; Manyema et al., 2018). Where the victor finds she is unable to *contribute* to the *achievement* of the appropriate capability, she consults with those who can move her in that direction.

Victors also *train* and *support* others, formally or informally where possible, in various aspects of law *enforcement* and *safety*. *Safety* and *safetifying* go beyond a context of violence and extend to accidents and disasters. These are also areas for furtherance of *safetifying* into formal theory.

Passage 5: Lobbying. A part of *getting involved* might be even broaching certain social interactions such as *lobbying the elite* and attempting in some manner to invoke a change in the way *the elite* influence the *escalative reciprocal loop* of *endangering*. This could include changes to *politics*, *legislation*, *enforcement*, and *town planning*. See the initial section of this chapter on *Endangering* above.

Thus, *welcoming*, *helping*, and *contributing* lead to *safetifying* *benefits* for others as well as for the victor. *Victoring* is definitely a shared *victory* experience between survivors.

Passage 5: Benefitting. If viewed and managed effectively, the experience of interpersonal violence can build *awareness* and *resilience*. These in turn create the psychological and emotional environment in which the survivor can *benefit* from the processes of *finishing*, *futuring*, and *victoring*. As she, now the victor, *determinedly welcomes* and *helps* other survivors, her *contributing* allows her to keep on *benefitting* from *growth* in knowledge, *understanding*, *connection*,

friendship, practical application, and *achievement*, all *increasing* her level of psychological and physical *safety* (Code 0326; Childress, 2016; cf. Flenady et al., 2016).

Now animal assisted therapy is benefitting sufferers of PTSD...In one study of the effect of dogs with patients, psychologists noted an 82% reduction in symptoms...[Another]...enabled a patient to decrease the amount of anxiety and sleep medications by half (Mims & Waddell, 2016, abstract; cf. Binfet, 2017).

The survivor's *helping* and *contributing* can also be in *training* others for employment or starting her own business and letting others *benefit* from the dignity and violence-reduction that a job can bring—she may employ others (Swart, L. A. (2014).

Concentrating on the *positive* qualities of the survivor and allowing her to discover ways of developing those, *benefits* her more than dwelling on any negative (cf. Taliep, 2015; Herman, 2015). Finding a fresh or invigorated way of *believing* in herself or spiritually can be uplifting, *strengthening*, and *beneficial* to a survivor (cf. Taliep, 2015).

Passage 5: Increasing. *Benefitting* results in many *increases* in the victor's life, but most noticeably *increasing* in the *transformation* of her *self*. From feelings of dissipation and confusion she has *disentangled*, *perspectivised*, *relinquished*, *selfsupported*, and *strengthened*, permanently *increasing* in self-esteem and *securing* it and herself on into the coming days (Code 0327; Childress, 2016; cf. Aström, 2006).

Self-esteem can be seen as a dimension on a continuum from very low self-esteem to very high self-esteem. Very high self-esteem can drive a person to violence, fearing any downward reassessment of his self-worth (Baumeister et al., 1996). A survivor of violence would generally seem to have a self-esteem on the low side of the scale, and therefore works towards *increasing* it to what one might term normal or even high, but not unrealistically high or rigid. (These principles are implicit and, in some cases, explicit in the findings of this study, so that this conceptualisation is drawn from and based on the data's overall emergence, which the reader will be able to corroborate by coverage of the entire theory.) Survivors enter into *support* programmes (Mazza et al., 2020) to help them better *safetify*, stand on their own two feet again, and *increase* their self-esteem (Friesen, 2018; Taliep, 2015).

It is possible that increasing wellbeing is a prerequisite for later increases in trait optimism (Peters et al., 2013, p. 99).

Although still a part of the real world where interpersonal violence happens on a daily basis, the victor is *aware* of possible increases in threat levels (Roelofs, 2017) around her, so she *safetifies* carefully now by *sequencing* select *phasic* protectives, like *observing*, *optioning*, and *averting*. This *increases* her *confidence*, *resilience*, and emotional *strength*, and she feels she is *growing* as a person—smarter, *shrewder*, wiser.

Passage 5: Growing. *Helping* and *contributing* to self and others *benefits* and *increases* the victor's responsibility, *security*, and self-esteem allowing her to now freely *grow* emotionally, psychologically, and spiritually, always *progressing* in *self-transformation* (cf. Codes 0328-0331; Childress, 2016; cf. Lysek, 2016).

Humans have a potential for growth, integration, and well-being, while also being vulnerable to defensiveness, aggression, and ill-being (Vansteenkiste & Ryan, 2013, p. 2).

Passage 5: Learning. *Safetifiers* are open-minded, using their *awareness*, *motivation*, and *connection* to *learn* new things so as to make an optimally *beneficial contribution* to the *growth* and *safety* of themselves and others.

Abiding Self-Transformative Progressing

Table 42—Safetifying after/after avoiding an attack

RESOLUTION		Safetifying					
PHASE 3		<i>after interpersonal violence through</i>					
		Abiding Self-Transformative Progressing					
		<i>psycho-social process (cf. Glaser, 1998)</i>					
		<u>Passage 1</u>	<u>Passage 2</u>	<u>Passage 3</u>	<u>Passage 4</u>	<u>Passage 5</u>	Level 1
		Awarenessing	Resiliencing	Finishing	Futuring	Victoring	Level 2
Step 1	Perceiving		Reclaiming	Relinquishing	Organising	Determinating	Level 3
Step 2	Disentangling		Believing	Banishing	Goalsetting	Welcoming	
Step 3	Perspectivising		Selfloving	Liberating	Selfsupporting	Helping	
Step 4	Understanding		Independencing	Gratituding	Connecting	Contributing	
Step 5	Decisiving		Asserting	Apologising	Strengthening	Benefitting	
Step 6	Shrewding		Confidenting	Healing	Achieving	Increasing	
Step 7	Changing		Positiving	Motivating	Contenting	Growing	
		stepped passaging					

Finishing, futuring, and victoring, whilst awarenensing and resiliencing takes the individual from victim to victor as she safetifies through abiding self-transformative progressing—see above table. She revisits each of these passages and steps as necessary from time to time to ensure that she is always effectively safetifying.

Summary of Safetifying

There are essentially three *phases* of *safetifying* — *before* (Phase 1), *during* (Phase 2), and *after* (Phase 3) *violence*. *Protective techniques/tactics/steps* taken in each *phase* are used cyclically within that *phase* to resolve the main concern of *endangerment* and may be used inter-phasically—*across phases*—in certain *sequences*.

Thus, *safetifying* as a whole is carried out through *Phasic Protective Sequencing*.

Accordingly, a person may be utilising a *protective step* in the *before* phase (1), followed rapidly by a *technique* in the *during* phase (2), back to a *technique* in the *before* phase (1), and on to a *step* in the *after* phase (3)—e.g. *optioning* (1), *tacticking* (2), *averting* (1), and then *banishing* (3), thereby *safetifying* herself.

The permutations of *sequences* of *protective techniques/tactics/steps* in and between *phases* are essentially limitless, as there are a total of 59 variables (*techniques/tactics/steps*) in all 3 phases.

Hence, it will be perceived that *safetifying* is a highly variable phenomenon.

This study concentrates mainly on the intra-phasic *sequencing* as indicated by the data.

Chapter 5

Discussion

The aim of discussion should be progress

- Joseph Joubert, 1842, paraphrase

Introduction

In this chapter, a précis of the Safetifying Metatheory of the previous chapter is first presented. Then the metatheory is discussed in relation to the violence theory literature review themes of Chapter 2 and certain aspects of Chapter 1. After that, the metatheory is discussed in conjunction with other related theories, such as, Situation Awareness and Resilience Theories. Where directed by the discussion, the researcher has made certain recommendations, as stated in Chapter 1 under **Ontology**, with a view to improving society (Ritzer et al., 2001). To close, a chapter summary is provided.

The reader is reminded that where I quote something from another part of this dissertation it will be designated, for example, as follows: (Chapter 2). This is not to be confused with any quotation from a literature source which is either presented in italics with a citation or in quotation marks with a paginated citation.

Safetifying Emergent Theory Précis

Safetifying from interpersonal violence takes place through the socio-psychophysical process (cf. Bender, 1952) of Phasic Protective Sequencing.

Danger (endangerment) is the main concern of people experiencing interpersonal violence. Endangerment comes about through the socio-structural process (Glaser, 1998) of endangering with interpersonal violence through contingent contextual conditioning. Two conditions—the elite and the people—interact in an escalative reciprocal loop conjuncturally causing the consequence of endangerment. The elite's tools which they use in this process are politics, inferiority projection, legislation, enforcement, and town planning. The people's subconditions in the process are socialisation, cultural norms, alcohol use, patriarchising, and poverty. The frequently caused endangerments include

organised crime, assault, domestic violence, farm attack, rape, shooting, and stabbing.

The resolution of the main concern of endangerment takes place in three phases of safetifying—before, during, and after violence (an attack).

Phase 1 is safetifying before interpersonal violence through the socio-psychological process (Glaser, 1998) of critical assessive dedangering. As danger (a predator) presents itself to a target, she uses the techniques of awarenensing—observing, anticipating, and averting, the tactics of setting up—preparing, invasiving, and forming, and the steps of evaluating—optioning, weighting, and turning with rapid momentary decisioning to reduce the danger, generally by escaping.

If she could not escape and she is attacked, she enters Phase 2 in which she safetifies during interpersonal violence through the psycho-physical process of spontaneous extricative functioning. She continues to use the techniques of awarenensing—observing, anticipating, and averting, resiliencing through modulating, tolerating, and enduring, and engages in tactical manoeuvring in the processes of finishing—gauging, tacticking, and stopping, futuring—capacitating, expecting, and consciousing, and victoring—deciding, resisting, and receiving. In this way she either stops the attacker or escapes.

After an attack or after avoiding an attack, the survivor enters Phase 3 in which she safetifies after interpersonal violence through the ongoing psycho-social process (Glaser, 1998) of abiding self-transformative progressing. This takes place through the following 5 passages containing 7 steps each:

Awarenensing—perceiving, disentangling, perspectivising, understanding, decisiving, shrewding, changing.

Resiliencing—reclaiming, believing, selfloving, independenting, asserting, confidenting, positiving.

Finishing—relinquishing, banishing, liberating, gratituding, apologising, healing, motivating.

Futuring—organising, goalsetting, selfsupporting, connecting, strengthening, achieving, contenting.

Victoring—determinating, welcoming, helping, contributing, benefitting, increasing, growing.

Safetifying and Violence Theory Literature Review Themes

Safetifying and violence causation. The theory of *endangering* has essentially taken the interpersonal violence causal factors found in the literature at large—not just this study’s original *theoretical sample*—and integrated them into a coherent theory. None of the approximate 435 sources (See References below which include the original *theoretical sample*) accessed for this dissertation was found to make such an integration. What follows are highlighted specific observations concerning the corroboration and unique contribution of the present metatheory to the literature.

Safetifying and violence causation—culture. In *endangering*, *cultural norms* (Makanga et al., 2017) were included as a sub-condition of *the people*, acknowledging the emergence of *the elite* from *the people*. Toxic patriarchy (cf. Matsumunyane, 2014) was conceptualised as the *patriarchising* of the people which was generally shown to permeate all of society. “...a culture of violence (Vogelman & Lewis, 1993; Galtung, 1990)” (Chapter 2) was elucidated and elaborated as *cultural violence* being “rooted in *social deprivation* and conflict and emerges as a normalised, everyday *violencing*” (Chapter 4).

Safetifying’s emergent capability of helping to address these cultural issues was then provided: “*Safetifying* changes cultural norms. Those who know how, *safetify* from the *cultural norm* of violence by *understanding*, *anticipating trouble*, *shrewding*, and *averting danger*, *reclaiming* and *asserting*, *capacitating*, *stopping attackers*, *healing*, *selfsupporting*, and *strengthening*, *resisting*, *determinating*, *growing*, *helping*, *supporting*, and *training*. This helps to create a *culture* of *safety* and nonviolence” (Chapter 4)

Safetifying and violence causation—hate. Hatred (Pretorius, 2014), as essentially “...legitimated (Kalkavan, 2018), predatory, affective (Hoffer et al., 2018), sensational (Schumpe et al., 2018), subcultural, ideological (Colvin & PISOIU, 2018),...[and]...imported (Fitz et al., 2018)...can stem from commitment to a concept or group identity (Bubolz & Lee, 2019), a type of collective fusion (Kiper & Sosis, 2018) or dysfunctional ethnic policy (Trédaniel & Lee, 2018)” (Chapter 2). These quoted references were not incorporated into the meta-theory, but similar concepts nonetheless emerged from the data (Memo on codes 0021-0031; Ellis, 2014; Gumbi, 2017; Lamb, 2016) in the overall theory

(*endangering*) as well as under *socialisation* of *the people*, leading to disordered personalities, feelings of revenge, and violence (cf. Chapter 4).

Safetifying deals with hate, as succinctly stated in *endangering*: “The *people* *safetify* from hatred and *socialised* violence by *resisting* and *training*” (Chapter 4).

Safetifying and violence causation—alcohol. *Alcohol use* and its effect on the escalative loop causing *endangerment* is thoroughly explicated in the metatheory. The mediative action of *alcohol use*—coupled with *poverty* and *patriarchising*—leading to increased *endangerment* of violence was proposed to be directly moderated by the degree of *the elite’s political* corruption and “...concept, misuse, and neglect of *legislation*” (Chapter 4). These moderating factors can also be intuitively perceived. This metatheory employs *alcohol use* features from the literature, adding its own integrative stance, and concluding with *safetifying* procedures to de-escalate *alcohol use*, such as “*decisiving, fleeing, relinquishing, reclaiming, asserting, reporting, calling for help, counselling, and strengthening*” (Chapter 4). The notion that the people can of themselves, regardless of how unlikely this may be considered to be, decide to stop *alcohol use* — re-socialise themselves — through engagement with *safetifying* principles (especially those of Phase 3), is also posited (cf. Chapter 4). The “propositional statement on *alcohol use* causation of *rape endangerment*” (Chapter 4), combines six sources, providing insight into the extremely negative moderating effect of *alcohol use* on the *rape endangerment* mediative elements of “insecure windows; unlocked doors (Murray, 2007); secluded places; illegal drug use (Testa & Livingston, 2009); male date arranging, paying, and driving; sometimes joint payment; date frequency; incremental consensual sex partners; token resistance (Loh et al., 2005); leading on (Muehlenhard, 1988); male peer pressure (Jewkes et al., 2012); multiple prior rapes; and, prior victim PTSD arousal lack” (Chapter 4). In other words, all of these elements may take place in the “normal” course of events, but *alcohol use* greatly exacerbates their incidence and intensity.

Safetifying and violence causation—guns. Firearms “...contributing...to violent crime...(Lamb, 2016)” (Chapter 2) were linked to “...illegal acquisition and reckless use...” as “...exemplified and glorified, role-modelling for the

people an entitlement to violence which becomes so permeative in society that it evolves into a tacit permission to use force” (Chapter 4).

Safetifying may help to curb gun violence through *awarenessing* and avoidance, *stopping attackers*, *reporting*, *securitising*, *enforcing*, *getting involved*, *dialoguing*, and *lobbying*.

Safetifying and violence causation—men. The idea in the literature that “...varying environments may produce emotiocognitive revulsion for intimate partner violence in men (Kazemi et al., 2018)” (Chapter 2) although not directly referenced from these authors emerges in the metatheory as “*Determinating* is reflected in men who make *decisive*, special, or concerted efforts to cognitively and behaviourally oppose and resist intergenerational hereditising of interpersonal violence propensities, thereby reducing overall community violence and breaking the *socialised, patriarchal cultural norms* generally resulting in *endangerment*” (Chapter 4), as corroborated by Mancera et al. (2018).

Safetifying and violence causation—neurology. The literature shows that “There may be a neurological and evolutionary basis for interpersonal violence (Besaw, 2018)” and that “Traumatic brain injury is significantly associated with violence which can be moderated by aspects of temperament (Veeh et al., 2018)” (Chapter 2). Whereas these references were also not employed in the metatheory, it does express some rather unique related concepts which emerged in the synthesis and elaboration, namely, “neuro-socialisation” and “socio-neurological disinhibition” (Chapter 4), both of which concepts cannot be found in the literature, and may for all intents and purposes be seen as coined by this metatheory. On 20 June 2020, Google Scholar showed no results for these concepts alternately spelled with “s” and “z”, with and without a hyphen, and as one or two words. Google Search showed only 4 occurrences of “neurosociolization”, but not as included in any scholarly literature.

How would *safetifying* deal with the violent brain-damaged? If he is a threat or perpetrator, he is dealt with as explicated in Phases 1 or 2 respectively—before or during attack. Otherwise, he can be referred for support or treatment if possible. Any other neuro-socialised disinhibited attacker is avoided, set up, resisted, or stopped—also Phases 1 or 2—as may be appropriate to the situation.

Safetifying and violence causation—legitimate. The literature further indicates that “Interpersonal violence can be legitimated for political (Lang Jr, 2018), phatic (Szpunar, 2019), elisive (Babich, 2018),...radical (Moore & Reed, 2019), or dialectical (Đorić, 2018) purposes” (Chapter 2). Again, while these aspects were not directly referenced in the metatheory, *endangering* (Chapter 4) portrays all of these ideas as emergent from the theoretically-elaborated synthesis and integration of the sources used.

Safetifying from legitimated extreme *political* violence can be done through *securitising, reporting, enforcing, connecting, dialoguing, and lobbying*.

Safetifying and violence causation—structure. “Institutions (Barak, 2018) and other hegemonic structures (Rukgaber, 2018) of culture, economics, politics, psychology, and society (Kharisan, 2018) create conditions which can interactively result in acts of interpersonal violence” (Chapter 2). Again, these specific references were not sampled for the metatheory but *endangering* amply reflects the associated *tools* and *subconditions* of *the elite* and *the people* respectively, e.g. *town planning, socialisation, and poverty*, which are structural conditions leading to violence.

Safetifying's attempt to mollify and readjust violence-producing structural hinderances is summed as follows: “*The people safetify* their environment—home, town, city, and country—by *connecting, helping, and contributing in dialoguing, getting involved, and lobbying*.” (Chapter 4).

Safetifying and violence therapy. The bulk of the following Chapter 2 literature review references to effective therapy factors were not incorporated into the metatheory as they did not directly emerge in the theoretical sampling: “...setting, choreography, gender, therapist, health, self-care, creativity, compassion, responsiveness, intervention, quality, safety, silences, compartmentalising, duration, care, protection, violence type, and approach...(Amarijo et al., 2018; Bowen et al., 2019; Fitzgerald et al., 2009; Gear et al., 2018; Gonzalez, 2018; Lawlor, 2014; Lewis et al., 2019; Maisha, 2020; Pérez-Tarrés et al., 2018; Simmons et al., 2016)” (Chapter 2). However, the following of those ideas did emerge from other sources and were integrated into the theory: therapist, health, self-care, creativity, compassion, intervention,

quality, safety, care, protection, and approach. These are covered and expanded by this metatheory's emergent *therapeutic concepts* laid out below.

"...development of applicable support should be elsewhere comprehensively carried out and coordinated in all sectors (Baldasare, 2012)" (Chapter 2) refers to the tailoring of support services to cultural and demographic needs. It is submitted that the *therapeutic concepts* laid out below could be sufficiently conceptually comprehensive so as to be capable of wide usage in exactly such tailoring efforts. What adjustably fits can be used and what does not may be dismissed.

"Empowerment therapy for female victims of violence should include self-compassion, self-worth, social-worth, flexibility, money-making, money-management, ownership, independence (Gilroy et al., 2019; McLean et al., 2018), self-sufficiency (Friesen, 2018; Williams, 2018), spirituality (Kirlaw, 2012), and relationship-building (Brown et al., 2018) elements." (Chapter 2). These references were not utilised for these concepts in the present metatheory. However, most of these concepts emerged as can be seen in the *therapeutic concepts* below, with the exception of money-making, money-management, and ownership.

"Violence screening instruments can be useful in determining severity and appropriate therapy approaches (cf. Emelianchik-Key & Colvin, 2019)" (Chapter 2). This is not dealt with in the present metatheory.

"It is important for potential and past perpetrators and victims of violence to be aware of and to have access to approachable, drawing support centres where they can reach out for help (Childress et al., 2018; Forsdike et al., 2018; Haselschwerdt, 2013)" (Chapter 2). This concept is implicit throughout Phase 3 of the metatheory but only for victims of violence as this study's focus is on experiencers of interpersonal violence, not perpetrators.

"Providers of violence-recovery support therapy need to be inclusive of minority groups such as queer individuals (Bermea, 2019), dispelling misconceptions and myths (Childress, 2016), always accepting every person for their humanity alone without distinction" (Chapter 2). This general principle of equality and inclusivity permeates Phase 3 of the metatheory.

Thus overall, although many of the therapy literature review references in Chapter 2 of this dissertation were not directly utilised in the metatheory development (Chapter 4), most of their therapeutic concepts emerged through the process of theory generation from other sources. This is indicative, it is believed, of a high intrinsic synchronicity of concepts within the field of interpersonal violence therapy. Having stated as much, it appears from the exercise of extraction of *therapeutic concepts* from the present metatheory that the field is replete with many more potentially useful processes than generally is apparent on the surface of things.

Therapy concepts. The below delineation was a time-consuming process, taking several days. It is a culmination of a curious emergent process which can be briefly stated as follows:

1. Literature as data was coded into *the sheet*—Appendix D.
2. Codes were conceptualised onto a higher level and explicated in memos in *the sheet*.
3. Memos were written up into a metatheory in Chapter 4.
4. The metatheory is now reconceptualised, re-coded in some instances, and listed for ease of access to salient concepts. (Memo/code numbers and citations—except for direct quotes—have been omitted to declutter and indicise—create an index—as these may be readily identified by keyword searching and location within this dissertation if necessary.)

These therapeutic concepts may be helpful to survivors of interpersonal violence or useful in creating interventions for them.

The following are the emergent **therapeutic concepts** across Phase 3—*Safetifying after/after avoiding an attack* (Chapter 4) which have been reconceptualised and re-coded back from the metatheory for ease of perception and reference:

- *stepping through passages; safetifying through abiding self-transformative progressing; averting endangerment; progressively transforming self into best version*
- **awarenessing**; new awarenessing pattern; raising flexibility; awareness bolstering self; embracing life in new openness—open to reality and new ideas—allowing self and other help
 - *perceiving*; honing *perception*; making effective awarenessing foundation; *perceiving* things in a new light; achieving fresh *perspective* and clarity; *evaluating* by reliving, suspecting, embarrassing, motivating, opening up, and relaxing; interpreting symptoms;

- proper physical and psychological treatment; post-traumatic stress; consulting professionals; procuring the right support; experiencing impacts; observing finely; identifying endangerment warning signals; developing and realising insights; no longer putting self down; looking deeper; naiving less; desisting challenge or recklessness; being alert; being brave; *evaluating* and finding aspects of *safety* for *perceptive* attention; preconscious intuitive habituation
- *disentangling* conscious and unconscious aspects; working through many issues—*beliefs*, feelings, *perceptions*, thoughts, and images; making sense; sourcing needed help; rationally analysing issues psychologically, emotionally, and physically; battling; utilising support; challenging preconceptions; trying things, identifying solutions, and *contenting*; finding people who listen and believe; using appropriate support; talking freely; perceiving life's social complexities; dismantling and reconstructing; transforming
 - *perspectivising*; putting everything into *perspective*; conjuring up scenarios; looking at things from all sides
 - *supporting*; overcoming trauma; sympathising; consulting doctors and helpers; going for regular check-ups; experienced psychologists; counselling; connecting with caring empathic therapist; promoting health; agreeing about therapeutic goals and tasks; adopting healthy schemas, personal interactions, self-acceptance, and self-expression; reverse *perspectivising*; trying out various strategies and techniques, identifying those that work, and concentrating on and mastering them; sharing support with other survivors, encouraging them to make use of *support* services; facilitating introductions; involving in group programmes
 - *understanding* elements and aspects of violence experience and of life; helping to arrive at new *understanding*; sharpening “no-nonsense” characteristic; *understanding* complexity of the trauma and traumatic symptoms; covert bearing, unearthing; processing; therapist as facilitator/guide, not rescuer/safetifier; maintaining professional empathy, respect, and unbiasedness; transference; counter-transference; therapeutic experience; cautious managing; survivor working out own solutions and coping strategies; safetifying self
 - *decisiving*; being more decisive; doing definite things to achieve certain ends; concentrating, solving problems, and taking action; knowing own mind; making *decisions*, and following through; dysphoria; therapeutic professional; clear-cut and enduring decisions; deciding to leave; giving up alcohol and drugs; cleaning up act; being fully *aware*
 - *shrewding*; knowing how to manoeuvre in the world; determined never to be caught again; trusting selectively; sharpening discernment; constituting discerning caring relationships; operating with integrity; appropriately ferocious, gentle, and on guard
 - *changing*; directing a new and productive way of life; *changing* any and everything that is needed; accepting responsibility; being *changed*; *changing* for the better; *changing* things; being bold; being brave; entering unknown ground; feeling at sea; missing comfort zone; espousing best elements; freshening identity
- ***resiliencing***; harnessing *resilience*; riding resilience full force into the *future*; *resiliencing* involves action; flourishing resilience; grounding living; moving forward; reducing stress; raising happiness
 - *reclaiming* self-esteem and responsibility for own welfare; *reclaiming* own life—“*This is my life!*”; *reclaiming* own respect, identity, self-worth, and *je ne sais quoi*; disclosing or declaring harm; *reclaiming* rights; appropriating the right to identity; reclaiming empowerment; *reclaiming* personal space, safety, and bodily integrity
 - *treatment*; ensuring necessary treatment; therapeutic sensitivity to interpersonal violence incidence; victim story attentiveness; bonding, rights informing; effective

- referring; narrating; existentialling; facing anxiety; rescripting trauma; regaining identity
- *believing* in meaningful things; self-reconciling; working through forgiveness; using God-given gifts responsibly; *believing* in self and ability to *safetify* and live successfully; living out life effectively; projecting faith, hope, and love toward self; according *positive* self-expectation
- *selfloving*; loving self; accepting self; accepting good points, weak points, gifts, qualities, faults, and failings; self-appreciation; learning to love self again; enriching *selflove*; *freeing* to live full life; being able to share life's goodness with others; taking care of all own needs; increasing selflessness; loving and caring for others better; generating *confidence*, respect, and compassion for self; developing groundstanding; taking responsibility for mental and physical health
- *independenting*; dimensionalising *resiliencing*; standing on own two feet; going forward and living out an *independent* life; taking charge of own life; persisting; experiencing *positive* results; systematically easing into *independence*; doing many new things; increasing *independence*
- *asserting*; expressing wants; excelling productively; having a right to space, life, and *safety*; standing up from violence; standing up for self; putting forward ideas, actions, and dreams into the world; circumventing or moving through obstacles; achieving aims; stating needs; conveying opinions; entitled to respect and a place in the world; expressing her *reclaimed independence*; *asserting* confidently
- *confidenting*; overcoming *confidence* loss; tolerating *change* insecurity; restoring *confidence*; getting *confidence* back; bolstering self-reliance; *confidenting* autonomously; *strengthening confidence*; shattering violence cycle; moving into *independenting*; feeling adequate and proud; able to cope; exerting control over things; acquiring *confidence*; feeling rehumanised; rebuilding *confidence*; changing thinking; enhancing *confidence*; social network connecting; supporting psychologically; attending survivor groups; instilling and developing *confidence*; following professional protocols; reabbling self; increasing *confidence*; empowering engagement; living fulfilled life; scenarioing self-defence; articulating attack elements; unfreezing; fighting; fleeing; avoiding over-*confidence*; imagining correct use of force; providing emotional space
- *positiving*; spiralling upward and away from the negative; being hopeful and happy; creating new expectations, assets, and strengths; *connecting* with people
- ***finishing***; *evaluating*; *handling*; *mopping up*; *finishing* up unfinished business
 - *relinquishing* old associations, habits, people, situations, etc.; letting go of worries, shame, vengeance, and things that drag down; constructing new victor identity; working hard at *relinquishing*; therapeutic interaction; bringing clarity and understanding; overcoming feeling of risk of potential criticism from self and others; jettisoning encumbrances; establishing identity; *relinquishing* insecurity
 - *banishing* fear; letting go of, discarding actively, throwing out, getting over fears; forgetting pain; not reliving; cleansing heart and mind; feeling less anxious; specialised assistance; reputable therapists; overcoming intrusive images and feelings; desensitising; indepth analysis; acknowledging traumatic material; verbalising; reintegrating; repositioning; making realities tangible
 - *liberating* self; reappraising guilt and shame; rejecting blame; avoiding revictimisation; zealing forward; "liberating empowerment" (Sardenberg, 2008, p. 24); resisting *inferiority projection* or adverse *social norm*; building back trust and respect; *connecting* to and interacting with uncritical supporters, listeners, and story-validators; refusing to struggle alone; persevering; finding sincere, caring people; associating; telling full story; reflecting nonjudgmentally and empathically; handling exhaustion; doing necessary work; exhilarating; rebuilding and *liberating* identity; *liberating* emotionality and mind

- **enforcing** perpetrator prosecution
- **gratituding** helpers; *gratituding* acknowledgements towards life, others, and *self*; expressing and evoking positive affect; thanking for help; wanting to pass help on; living to serve; appreciating; showing respect; *gratituding* sensitises
- *apologising* for mishaps or misunderstandings; needing to *apologise* appropriately; asking forgiveness; reconciling; bringing *healing*; *averting* perpetrator apology *tactics*; *resisting* *invasiving* and *self-apology* cycle; *relinquishing* being a doormat and a punchbag; never accepting responsibility for perpetrator actions
- *healing* permeation; caring and comforting family member, lover, friend, or acquaintance; catalysing *healing*
- *motivating* onward; coming from *liberated healing*; sorting out unfinished business; *finishing* integration; anticipating further *self-transformation*; building on the past for the *future*; not dragging the past into the *future*
- **futuring**; ensuring a way in the future; *determining* to make *future* better; forward looking; making the best of everything
- *organising* life; open *awareness*; taking time to analyse; how things stand; how they should stand; making necessary adjustments; *organising* many aspects of life; elements of daily life; controlling effectively; aligning with idea of golden *future*
- *goalsetting*; embracing and supporting *goalsetting*; working towards dreams for self and others; managing, reviewing, adjusting, and maintaining *goalsetting*; *setting goals*; working to *achieve*; indicating performance; regulating activity
- *selfsupporting* own world onward; reassessing *perceptions*; *supporting* self and others physically and psychologically; cycle of *helping* others and self; reforming relations with others; relearning *self* and mutual trust and connection; *connecting* with true feelings; making art; sentinelling to experience, suffering, pain, and *victory*; building *selfsupport* and reconstitution; expanding *selfsupporting*; involving in physical activities and discussions; building *selflove* and *independence*
- *connecting* with others; weaving a life; *securitising self* physically and socially; not being an island; *connecting* or *reconnecting* to people; providing mutual *support*; abandoning secretiveness; being open; reducing psychological distress and trauma impact; taking stock of *connections* in own life; establishing and maintaining *connections*; aiding *futuring*; capable professionals: psychologist, endocrinologist, physician, self-defence trainer/attorney, psychiatrist; capable non-judgemental person; *connecting* socially and supportively; moderating violence effects; psychological wellbeing
- *strengthening* inner being and resolve; arsenalling; humanlinising; *strengthening* physical health; ensuring wellbeing and *safety*; *strengthening self-transformation*; coming from *connection* with others
- *achieving* all planned out, personal aims; *helping* similar others; acquiring certain skills; learning how to do new things; working towards aims; systematic *achieving*; *achieving* self-transformation
- *contenting* self; resting in knowledge; putting good things into place for maximum *future* success; reducing worry and regret; increasing *safety* and satisfaction; preparing *self*; processing psycho-socially; contextualising *self connectively* with others
- **victoring**; rallying cry; impelling into unknown, bigger, better, bolder, wiser; on the road to *victoring*; making and keeping *self* and life *safe*—*safetifying*; philosophical perspective on perpetrator; not dominating or avowing retribution; accepting relief and triumph; sharing *victory* experience between survivors
- *determinating*; exercising in *futuring*; willing to work; wishing to work; compelled to serve; *determined* to *help* and support other survivors; expressing commitment to

- *achieving goals*; making efforts to oppose hereditising of propensities; breaking *patriarchal cultural norms*
- *welcoming* the good and trustworthy; letting other survivors in to own life and means of assisting; *welcoming* into a place of *safety*; offering such opportunities to others; talking about experiences; de-isolating emotionally and psychologically; resolving anger and hopelessness; opening arms; *welcoming* into victor's arena; adding to encouragement and *strength*; working through *victoring*; developing *phasic sequenced protectives*
- *helping*; overcoming wounds and pain; *helping* others; empowering to access resources for *safetifying*; attaining of *goals*; preparing and assisting to improve personal and property *protection*; creating incidence *awareness*; distributing aid; establishing *help* centres
- *contributing* to others lives; *contributing* to everyone's *safety*; doing charity; seeking *help for self*; encouraging others to seek help; networking and *connecting* with suitable service providers; utilising and sharing this knowledge; making a difference
- *getting involved*; looking for opportunities to *contribute* time and energy to issues or projects for interpersonal violence reduction
 - *training* in self-defence; practicing counter-assault past initial strike freeze; taking the time, going for and *helping* with *training* others in *awareness*, *securitising*, shooting, self-defence, and *safetifying*; encouraging action; developing watch groups; tailoring interventions; promoting nonviolence; improving coping and *safety* skills; controlling/managing aggression; handling depression; controlling discipline; managing distress; consulting with the capable; *training* in law *enforcement* and *safety*; *training* for employment or starting a business
 - *lobbying*; broaching certain social interactions; *lobbying the elite*; attempting to invoke change; changing *politics*, *legislation*, *enforcement*, and *town planning*
- *benefiting* by sharing and *helping*; *benefiting* all; *benefiting* from *finishing*, *futuring*, and *victoring*; *benefitting* from *growth* in knowledge, *understanding*, *connection*, friendship, practical application, and *achievement*; employing others; concentrating on the positive; developing positive qualities; *believing* in *self* or spiritually
- *increasing* in wisdom, knowledge, ability and *strength*; *increasing* personal and social *safetifying* capacity; *increasing* level of psychological and physical *safety*; *increasing* in the *transformation* of *self*; working towards *increasing* self-esteem; *increasing* self-esteem and *securing* it; entering into *support* programmes to help better *safetify*; standing on own two feet; *safetifying* increases in threat levels; *sequencing phasic protectives*: *observing*, *optioning*, *averting*; *increasing confidence*, *resilience*, and emotional *strength*
- *growing* into full potential; *growing* into best version of self; *growing* as a person—smarter, *shrewder*, wiser; *growing* emotionally, psychologically, and spiritually; *progressing* in *self-transformation*
 - *learning*; being open-minded; using *awareness*, *motivation*, and *connection* to *learn* new things; making optimally *beneficial contribution* to *growth* and *safety* of *self* and others

Many varied and nuanced *therapeutic concepts* have emerged above and appear to hold reasonably good potential for use and development in therapies for the treatment of interpersonal violence trauma. Due to the practical nature of many of these concepts it would seem that their employment in cognitive behavioural therapies (cf. Gillihan, 2018) might be beneficial. However, such a corpus of therapeutic concepts as laid out above is unknown in the literature,

and therefore presents, it is submitted, as a significant reference point for future research.

Safetifying and violence prevention. ‘Sex delay, violence avoidance negotiation, life skills (Boafo et al., 2014; Ward et al., 2012), and “target hardening” (Fry, 2014) can be taught as preventative measures against interpersonal violence.’ (Chapter 2). Aspects of target hardening in direct reference to Fry (2014), like securing doors, locks, etc. were integrated into the metatheory (Chapter 4). Boafo et al. (2014) and Ward et al. (2012) were not referred to specifically for the concepts of “sex delay, violence avoidance negotiation, [and] life skills”. Aspects of Phases 1 and 2 of safetifying, however, may be seen as “violence avoidance negotiation”, and in this sense contribute in a grounded, unspeculative manner to this field. Life skills are also represented by the self-defence skills of these phases and the self-transformation steps of Phase 3 which are replete with life skills.

“South African family violence **prevention** legislation needs to be better **coordinated, articulated** and **applied** (Ryan et al., 2018)” (Chapter 2; bold added). These exact concepts from Ryan et al. (2018) did not emerge in the metatheory; **coordination** emerged from Eisenbruch (2018), and the following legislation-related entries from Ryan et al. (2018) and others:

- “A clear understanding of social structure, dynamic, protection, and support is lacking in much violence reduction and control *legislation* (Ryan et al., 2018).” (Chapter 4). This speaks to what one might see as the fundamental elements underlying an effective **articulation** of violence prevention legislation.
- “*The elite*, playing *politics*, but lacking insight, **coordination**, integration, political will, and accountability (Eisenbruch, 2018), cannot be relied upon to produce effective holistic interpersonal violence *legislation* (cf. Barton-Crosby, 2018; Sammut Scerri, 2015) to control, intervene (Lamb, 2016), prosecute, treat, protect (Baldasare, 2012), support (Ward et al., 2012), and **prevent** (cf. Childress, 2016; Javakhishvili & Jibladze, 2018; Ryan et al., 2018).” (Chapter 4; bold added). **Coordinating** violence **prevention** legislation involves the comparative analysis of all existing items of anti-violence legislation within a jurisdiction with each other and then with those of other countries where legislative success has been attained, all

within the specific jurisdiction's socio-juridical structural framework for write-up, promulgation, productive roll-out, and enforcement. Only concise, precise, and practicable laws should be **coordinatively** written up for each sector.

- The requirement for better **application** of violence prevention legislation referred to (Chapter 2) by Ryan et al. (2018) emerges in the following statement in the metatheory: "Legislation does not include proper *enforcement* mechanisms (Childress et al., 2018; Ryan, 2018)" (Chapter 4). The significance of this is twofold: Firstly, the metatheory emerged conceptually independent of the literature review, which corroborates the integrity of the two different processes of, study thematic emergence and study conceptual emergence. Secondly, a thoroughgoing analysis and synthesis of practical enforcement protocol and procedure needs to be undertaken by insightful people in order to arrive at a workable, enforceable, and effective system.

"Preventive intervention definition, knowledge, prioritisation, resource allocation, and scale-up is also needed (Gould et al., 2019)" (Chapter 2). Again, these specific concepts were not emergent or theoretically sampled for the metatheory, but other related ideas introduced by Gould et al. (2019) were integrated into the theory and elaborated thus:

"Redistribution of wealth can reduce violence *endangerment*. *Poor* children experience more violence and are more violent. Unequal allocation of social, *political*, and economic resources to *the people* by *the elite*, via avenues of *legislation*, *town planning*, and *enforcement* (e.g. as in apartheid), interacts with *poverty* and *cultural norms* (patriarchy; substance abuse) to create *endangerment* of violence. Partially-funded social services for the poor are not sufficient. *The elite* must give more, not from people-funded taxes, but from their own wealth resources. *Safetifying*, in a macro sense, requires the equitable distribution of resources (i.e. inequality reduction) with concomitant wealth increase among the poor, removing some of the motivation for violence (cf. Gould et al., 2019)" (Chapter 4).

Thus, safetifying and violence **prevention** revolve around making proper laws, enforcing them properly, and making a proper effort to uplift the poor. This would involve structural and fiscal implications, like wealth-assessment of the elite (e.g. people with in excess of R50m in personal assets) and redistribution of excess wealth, starting with the political elite who have stolen money from taxpayers; not introducing mindless additional taxation on small business. Small business and the small entrepreneur under R10m annual

turnover is the goose that lays the golden tax egg—paying taxes to the state. Don't kill the goose that lays the golden egg! Arrest, prosecute, and force repayment of the political elite who steal the golden eggs (taxpayers' money) and leave the people destitute and worse off than before. Such greed should no longer be tolerated by the people. Recouping stolen taxes can uplift the poor and **prevent** violence.

'...limitations on alcohol and "violent media" supply (Ward et al., 2012)' (Chapter 2) was also mentioned in the literature review as needed for interpersonal violence **prevention**. These concepts were directly utilised in the metatheory by stating that "*Legislation* to curtail *alcohol* and violent media supply needs to be enacted and thoroughly *enforced* (Ward et al., 2012)" (Chapter 4). Not only should the quantity of alcohol be controlled but the manner in which it is made available—time, place, and spacing between outlets. This is addressed in a second metatheory statement as follows: "Tailored *legislation* is required to control violence and temporo-spatial access to *alcohol* (Fitterer et al., 2015; Shaw & Travers, 2005, cited in Ward et al., 2012)" (Chapter 4).

The reduction in public alcohol-related interpersonal violence during the COVID-19 lockdown, in South Africa for example, due to the restriction and later cessation on alcohol sales, is an indicator of what legislative control can do to prevent interpersonal violence (Matzopoulos et al., 2020). It is important, post-lockdown, for the authorities to strike a realistic balance between alcohol availability and market demand, otherwise there could be overreactions from the elite or the people which might increase violence endangerment instead of preventing it (cf. Mazzone, 2020). Here the government has a good opportunity to adopt and implement the most expedient measures. However, its track record in this regard is sadly strewn with wreckage and carnage. The ignorant, greedy, careless, and corrupt elite need to be replaced by intelligent, balanced, caring, honest people who know how to run things.

"**Verbal** and **physical abuse**, stalking, and sexual assault require addressing in violence prevention programmes especially for schools, colleges, and universities (Hodge, 2016)" (Chapter 2; bold added). Verbal abuse emerges in the metatheory (Chapter 4), although from a completely different source (Duff, 2004) than Hodge (2016): "A **verbal** threat, **abuse**, or insult is also

endangerment. If its intention is to cause fear, it is an *attack*—psychological” (Chapter 4; bold added). **Verbal** and **physical abuse** is then, emergent from Childress (2016), exemplified as a form of the victim taking and *modulating* abuse in her *resiliencing* during an attack: “He [the perpetrator] could be **verbally abusing** her, destroying her property, hitting her, poking her with a sharp object, or cutting off her hair (Memo on codes 0117-0122; Childress, 2016)” (Chapter 4; bold added). *Modulating* in *safetifying during an attack* is shown to be a difficult but important *technique* for the victim to attempt to deal with **verbal** and **physical abuse**, *avert danger*, and avoid getting hurt. It is presented as such:

“She *modulates*—that is tries to control the frequency or amplitude of any of the **abuse** or violence coming her way by freezing, moving about, or responding verbally, but it may be a false sense of control, because she cannot accurately predict what her fate will be. Maybe she is doing this from her socialised manners or learned helplessness (cf. Friesen, 2018; Miller, 2011; Roelofs, 2017). If her intuition is raising fear in her, that is sufficient warning that she is worth more than this, and her life is in *danger*. She needs to *stop* the attacker or get away to *safety*” (Chapter 4; bold added).

Thus, in *modulating*, *safetifying* provides the victim with practical examples, insights, mechanisms, and **preventative** techniques for countering, overcoming, or avoiding **verbal** and **physical abuse**. This practical, albeit theoretical, presentation seems unlike anything encountered in the literature thus far and hopefully is representative of the general contributory nature of other aspects of the metatheory as well.

“...stalking...(Hodge, 2016)” (Chapter 2) was not integrated into the metatheory as coming from Hodge. Stalking emerged from Johnson et al. (1999) under **Domestic violence endangerment** (Chapter 4) where it is rated both as a “potential *endangerment*” and “potentially serious *endangerment*” for *family violence*. That section concludes as follows: “This is the moment *safetifiers* awareness by *observing signs*, *anticipating trouble*, *modulating*, and *averting danger*, *call for/arrange* and *receive help*, and *leave*” (Chapter 4). That is essentially how *safetifying* as a metatheory provides its **preventative** solution to the potentially serious endangerment of, among other things, **stalking**.

“...**sexual assault** require[s] addressing in violence **prevention programmes**... (Hodge, 2016)” (Chapter 2; bold added).

Safetifying (Chapter 4) addresses **sexual assault** in the following manner:

- “**Domestic violence endangerment**... Sexually abused girls can be almost six times more *endangered* than non-abused for *domestic violence sexual assault* in adulthood... Intimate partner multiple sexual assault on women increases the probability of their use of substances (McFarlane et al., 2005). This, in turn, creates a further domestic violence *endangerment*. Domestic sexual violence is an *endangerment* for homicide (Martin et al., 2007)” (Chapter 4).

This shows and warns of the likelihood, effect, predisposition, and potential danger of sexual assault for getting killed. These aspects could be interwoven into **sexual assault prevention programmes**.

- “**Rape endangerment**. Alcohol is an assessment, reaction, and resistance diminishing rape *endangerment*. Insecure windows; unlocked doors (Murray, 2007); secluded places; illegal drug use (Testa & Livingston, 2009); male date arranging, paying, and driving; sometimes joint payment; date frequency; incremental consensual sex partners; token resistance (Loh et al., 2005); leading on (Muehlenhard, 1988); male peer pressure (Jewkes et al., 2012); multiple prior rapes; and, prior victim PTSD arousal lack can be rape *endangerments* (Söchting et al., 2004)” (Chapter 4).

Such practical psychological and physical factors could be expanded on and built into a very effective **sexual assault prevention programme**.

- “*You can’t ask for money from somebody who raped you* (Malema, cited in Lewis & Makinana, 2009). The dubious beliefs and behaviour of *elite politicians* reflect the *socialised patriarchising cultural norms of the people* resulting in an unassailable male entitlement and a dehumanised deprecation of women, forming a very serious rape *endangerment*” (Chapter 4).

Such fundamental underlying issues in modern society may be well referred to and analysed in **sexual assault prevention programmes** to provide increased understanding of origins of violence with an emphasis on changing perceptions.

- *Safetifying’s* synoptic statement on rape (**sexual assault**) endangerment is:

“People *safetify* from rape *endangerment* by *awarenessing, assessing, changing, preventing, asserting, tacticking, resisting, and strengthening*” (Chapter 4).

Violence **prevention programmes** could benefit, it is believed, by utilising, expanding, illustrating, and helping participants to inculcate these processes and techniques for effectively *safetifying* themselves from **sexual assault**.

The following factors which the literature shows “...can help prevent violence” (Chapter 2) will now each be dealt with below:

“...**changing mindset** (Deane, 2019)...” (Chapter 2; bold added). This important concept from Deane was not incorporated directly from her into the metatheory of *safetifying* as it did not emerge as a part of the various processes within the theory, during coding, conceptualisation, theoretical sampling, and elaboration. However, **changing mindset** is implicit throughout the entire metatheory, as many, if not all, of the theory’s processes require some form of a change in mindset. For example, to properly utilise the *awarenessing* process, the target or victim needs to *observe*, *anticipate*, and *avert danger* (Chapter 4). All of these require a **shift in mindset**, if not an outright **change** from perhaps the average person’s daydreaming nonchalance to active *awareness*. In *patriarchising* (Chapter 4), the “*patriarchal mindset*” (bold added) is presented as follows:

“This fatherly or *patriarchal mindset* makes men feel powerful, and that they have the right to dominate women and children, even other inferior men. Given any resistance, these *patriarchisers* become violent, resulting in increased subordination (Lawlor, 2014) and submissiveness from their victims, and an amplification of *patriarchising*, which in turn can become ever more violent, if there are no intervening factors. This is the essence of *toxic masculinity* (Memo on codes 0047-0052; Matsumunyane, 2014; Taliep, 2015)” (Chapter 4; bold added).

This **mindset** is challenged for changing in the ensuing lament:

“*Patriarchising* can be withstood, reshaped, and refined... A man sees himself as superior because he has a penis and some extra muscle. His father told him he is superior. He sees himself as entitled because he has a foreign substance coursing through his veins. Other men told him he is entitled. Of course, the man believes everything he is told. And, because he is a fool and cannot think for himself, he succumbs to his primal urges to be a recking machine just like his father, or uncle, or other male role model was. (This is not to say that all men are fools. This is merely the exemplification of the potential malleability of *patriarchising* using the example of a man who is a fool.) He only brings pain and sorrow and sadness wherever he goes. Imagine how proud he could be to be different. Who wants to be like everyone else? Imagine how good he could feel, to be considerate, kind, and gentle and make others feel the way he would love them to make him feel. Imagine a world in which patriarchising means looking after women and children with the tender loving care of an empathic, gentle father, ever concerned with their welfare and progress in self-realisation. What a wonderful world it could be” (Chapter 4).

Thus, destructive **mindsets** like patriarchy are challenged in the *safetifying* metatheory (*endangering* sub-theory) and given an inkling as to how to change them—appealing to the higher nature, altruism, and protectiveness that lies

within each human being. Also, under *observing signs*, it is footnoted that “...if **mindset** is high in rigidity, it may result in *observing signs* leading to decreased *awareness* resulting also in reduced *trouble anticipation* and *danger averting* leading to increased *setting up* and likelihood of *attack*...” (Chapter 4; bold added). The corollary statement then follows that **changing** or flexibilising **mindset** may improve *awareness*, *observing*, *anticipation*, and *averting*, leading to reduced *setting up* and likelihood of *attack*. This is in essence equivalent to the example provided earlier, and speaks to the dynamic nature of the *techniques* and *processes* within the *safetifying* metatheory.

Changes in **mindset** are further referred to in *safetifying* in connection with “target inversion” (Chapter 4) which is “the target reversing roles and becoming the *attacker* in order to *safetify* herself”. It is explained that “it merely bolsters the **mindset** to impel a strategic, minimal-force counter-attack where necessary and may also only comprise of retreat” (Chapter 4; bold added). And, “the **mindset** becomes unfrozen and kicks into action to effect appropriate fight or flight (Memo 0364)” (Chapter 4; bold added). Clearly, such **mindset** interactions require **changes** thereto, and again perfusive **mindset-changing** mechanisms are seen within the fabric of the metatheory which can, it is submitted, be productively employed in violence **prevention programmes**.

If “...**changing mindset** (Deane, 2019)...can help **prevent** violence” (Chapter 2; bold added), then *safetifying* as a theory and potential therapeutic intervention seems set to contribute to this process.

Also, there is the step of *changing* in the passage of *awarenessing* in *Safetifying*—Phase 3—*after/after avoiding violence*, which deals with **mindset change** helping to **prevent** violence in the following manner:

- “The *awarenessing* process hones the victor’s powers of *perception* so that *disentangled perspective* and *understanding* flows through *decisive shrewding*, bringing about responsibility acceptance, being **changed**, **changing** for the better, and **changing** the things around her (Memo on codes 0112-0116; Childress, 2016; Merchant & Whiting, 2015)” (Chapter 4; bold added).

When a survivor of interpersonal violence employs *awarenessing* to assume responsibility for being **changed** and **changing** things in her life, she is in the process of **changing mindset**. **Changing** her **thinking** about

violence and *safety* and **changing** things in her life that can make her *safer* can both lead to a higher level of violence **prevention**.

- “**Changing**, nevertheless, calls on the survivor to be bold and brave as she enters unknown ground where she feels at sea and misses her comfort zone, but as her *perceptions, perspectives, understandings, and decisions disentangle and shrewd*, she is able to espouse the best elements and freshen her identity (Clancy, 2010)” (Chapter 4; bold added).

Efforts to be bold, brave, leave comfort zone, allow disentanglement, espouse new things, and readjust identity are by implication massive **shifts** in **mindset**, which when channelled along *safetifying* lines can help **prevent** violence or at very least avoid it.

- “As *awarenessing* completely surrounds and supports *resiliencing during violence*, so it does *after/after avoiding violence*, when the **change**-inducing *shrewd* and *decisively perceptive disentangled understanding* and *perspective* of the survivor undergirds and drives her forward into the *resiliencing reclaimed belief* and *selflove* of an *independent, assertive, confident, and positive person*” (Chapter 4; bold added).

This process of psychological impellation by *awarenessing* into *resiliencing* in the *self-transformative progression* of the *aftermath* and *mopping up* stages of a violence experience carries with it rather profound **changes** in **mindset** as processes like *reclaiming, asserting, and positivizing* indicate. These place the survivor in a position of thought re-evaluation and force of determination to find many ways of *safetifying* her mind, body, lifestyle, and home, which automatically “...can help **prevent** violence” (Chapter 2; bold added).

“...**situational techniques** (Henson, 2010; cf. Rayment-McHugh, 2018), **self-defence** (Lehr, 2019)...can help **prevent** violence” (Chapter 2; bold added). None of these 3 references were incorporated into the present metatheory for the concepts reflected. However, as even a cursory reading of *Safetifying* Phases 1 and 2 (Chapter 4) will show, the rest of the utilised literature for the metatheory provided pertinent **self-defence** and **situational technique** material. Nevertheless, the formal academic literature generally lacks sufficient practical research, examples, and suggestions concerning these matters, and the researcher had to resort to the more popular **self-defence** type of book, albeit soundly researched and written, for much of the necessary practical content.

“...**proper research procedures** (Lehane, 2019)...can help **prevent** violence” (Chapter 2; bold added). This specific concept of Lehane was not utilised in the metatheory (Chapter 4), but inasmuch as the **research procedures** (explicated in Chapter 3: Method) of the present metatheory may be deemed to be “**proper**”—let the reader be the judge of that—this theory may indeed have the potential to “help **prevent** violence”. In other words, if an accurate assessment of the main concern (*danger*) and its resolution (*safetifying*) has been adequately elucidated by the present theory, it stands to reason that such realistic findings should by their very nature be revealing and usable in helping people to address their violence experiences.

“...policy creation, and implementation [**legislation**] (Babu, 2019; Javakhishvili & Jibladze, 2018; Knopova, 2016; Mason & Satchell, 2016; United Nations Children’s Fund & Gupta, 2013) can help **prevent** violence” (Chapter 2; bold added).

“...promotion efforts (cf. Babu, 2019; Childress, 2016; Friesen, 2018; Mason & Satchell, 2016; Taliep, 2015)” (Chapter 4) was posited in the theory as a means of *the people* helping “to produce effective holistic interpersonal violence *legislation* (cf. Barton-Crosby, 2018; Sammut Scerri, 2015) to control, intervene (Lamb, 2016), prosecute, treat, protect (Baldasare, 2012), support (Ward et al., 2012), and prevent (cf. Childress, 2016; Javakhishvili & Jibladze, 2018; Ryan et al., 2018)... including drafting, fast-tracking (cf. Rayment-McHugh, 2018; Glaser, 1998)” (Chapter 4; bold added).

Thus, the metatheory takes the responsibility of *the elite* concerning **legislation** and transfers it to *the people* to do something in the vacuum of *the elite’s* abuse and neglect.

It can, accordingly, be seen that the metatheory of this study has a very strong violence **prevention** orientation.

Safetifying and violence reduction. “Restricting **alcohol** availability (Fitterer et al., 2015)...may be...utilised to **reduce** interpersonal violence” (Chapter 2; bold added). This concept was integrated at several points throughout the metatheory explication (Chapter 4) and above in the present discussion under causation and prevention. It is an extremely important mechanism for **reducing** violence and yet it seems that *the elite* are totally

incapable of perceiving how to effectively utilise it. Witness the recent lockdown with a ban on **alcohol** sales and a reduction in **alcohol**-related violence in which *the elite* could see how the mechanism worked, and yet when they opened up sales again, although they controlled selling hours, they missed the obvious point of restricting quantity per customer which led to over-buying, over-indulgence, and a surge in violence (Matzopoulos & Parry, 2020; Mogotsi & Bearak, 2020). *People* should not be allowed to buy unlimited and uncontrolled quantities of **alcohol**. It is a drug, and unlimited dosing should be illegal, **reducing** violence.

“...**ally selection** (Demeter & Csaplár-Degovics, 2018)...may be...utilised to **reduce** interpersonal violence” (Chapter 2; bold added). Various references are made to these researchers throughout the theory (Chapter 4) but not to their concept of *ally selection* which pertains to smuggler and warlord emergence (Demeter & Csaplár-Degovics, 2018, p. 4). However, this mechanism manifestly operates on an interpersonal basis and is represented in the metatheory as the domestic violence victim *calling for/arranging* and *receiving help*, and targets/victims of any interpersonal violence needing to *call for help* to *avert danger* (Chapter 4). Therefore, “**ally selection**” as viewed from the vantage of the present metatheory is the incumbence upon the individual to make her preparations and arrangements with friends, family, neighbours, etc. (“select her allies”) for her to be ready for them, and they to be ready for her, in the event of an emergency call. This can **reduce** violence.

“...**network** action (Leon, 2020)...may be...utilised to **reduce** interpersonal violence” (Chapter 2; bold added). Leon’s use of networks refers to the violence moderating influence of interactive coherence within neighbourhoods. Again, the references above to—by implication—having an established help “network” represents one form of “network action” shown in the metatheory. Other statements in the theory (Chapter 4) concerning **connecting** are also strongly indicative of such “**network action**” in *safetifying*, and its ability to **reduce** violence, such as (bold added):

- “*The people safetify* their environment—home, town, city, and country—by **connecting**, *helping*, and *contributing in dialoguing, getting involved, and lobbying*.”
- “Victims of *patriarchising* *safetify* by *tacticking, resisting, protecting, and stopping attackers*, and by *perspectivising, asserting, liberating, **connecting**, and enforcing*.”

- “Medium to long term, they [people] *safetify* from *organised crime endangerment* through steps like **connecting**, *getting involved*, *contributing*, *dialoguing*, *lobbying*, *supporting*, and *training*.”
- “The survivor perceives that **connecting** socially—with *understanding* people—is the real context for *shrewding*. Not that she seeks to deceive any one, but she needs good people in her life with whom she can constitute discerning, caring relationships. For her *shrewding* is more about not being used and allowing friendships to operate with integrity.”
- “Rebuilding *confidence* does not happen overnight. It requires *perceiving*, *disentangling*, *perspectivising*, *understanding*, and *learning*, repeated changes in thought by increments of *reclaiming*, *believing*, *selfloving*, *independenting*, and *asserting*, as well as **connecting** (Holton, 2007a; rootcause.org, 2011, cited in Friesen, 2018) and *strengthening*. All of this contributes through such *abiding self-transformative progressing* to *safetify* the survivor, which sense of *safety* further enhances *confidence*. **Connecting** in social *networks* for psychological support and physical emergency intervention and attending survivor identification and assistance training courses also instil and develop *confidence* (Daruwalla et al., 2019).”
- “If she [the victor] does not yet have such people in her life, she uses **connecting** to acquire them. But she will not struggle alone. She perseveres until she finds sincere, caring people—or at least one—with whom she can associate and interact.”
- “**Connecting** with others is very important now as she weaves a life of *securitising* herself in numerous ways both physically and socially, *strengthening* her inner being and resolve for *achieving* all she is setting before herself for the *future*.”
- “*Safetifiers* practice *futuring* by *organising* and *goalsetting* for *selfsupport*, and **connecting** and *strengthening* for *achievement* and *contentment*.”
- “*Organising*, *goalsetting*, and *selfsupporting* initiate and drive **connecting** if it has not yet properly started in the victor’s life. She is not an island, and, in fact, it is more pleasant and fulfilling to **connect** or **reconnect** and be **connected** to people whom she loves and who can provide mutual *understanding*, *healing*, and *motivation*, and with whom she can abandon secretiveness and be open, reducing psychological distress and trauma impact (Memo on codes 0156, 0270-0272, 0614, 0615; Manyema et al., 2018; Mpata, 2011; Sammut Scerri, 2015).”
- “**Connecting** socially and supportively can moderate the effects of violence on psychological well-being (Memo on code 0798; Coker et al., 2002 in Manyema et al., 2018; De Silva et al., 2007; Myer et al., 2008).”
- “**Connecting** leads to *dialoguing*. *Safetifiers* use their spare time to get involved in community and other activities to try prevent and **reduce** violence. They *dialogue* with neighbours, organisers, *politicians*, and other people of influence to help change *society* for the better. This may involve or lead to numerous activities, such as *enforcing*, *getting involved*, *supporting*, and *lobbying*.”
- “*Selfsupporting*, **connecting**, and *strengthening* arsenals (“arsenal” used as a verb) her for *achievement* of her personal aims and desires which includes *helping* others like her (Memo on code 0275; Childress, 2016; cf. Jamieson et al., 2006).”

- “**Connecting**, *welcoming*, and *helping* go around in an amplifying multi-transformative loop, *contributing* to and *benefitting* all involved (cf. Childress, 2016; Mpata, 2011).”
- “*Contributing* means seeking *help* for self and encouraging other sufferers and survivors to do the same, and **networking** and **connecting** with suitable service providers, utilising and sharing this knowledge.”

Thus, **connecting** with other people is a significant socio-psychophysical aspect of *safetifying*, and it theoretically exemplifies Leon’s (2020) concept of **network action** well. This means that **connecting** should contribute substantially to a **reduction** in interpersonal violence.

“...**police protection** (Vaughn, 2018)...may be...utilised to **reduce** interpersonal violence” (Chapter 2; bold added). Vaughn was not referenced in the metatheory (Chapter 4). However, police protection or the lack of it does emerge in the theory as the following excerpts show (bold added):

- “A **lack of police presence** and legal support, coupled with excessive availability and supply of alcohol results in uncontrolled *alcohol use*, reduction in spendable income, negative psychological reactions, and acts of interpersonal violence (Memo on codes 0005-0009; Childress, 2016; Fitterer et al., 2015; Gumbi, 2017; Phetlho-Thekisho et al., 2013)” (Chapter 4).

A **lack of police protection** allows alcohol use to run uncontrolled. More properly-trained, active, patrolling police are needed, increasing **police protection** and **reducing** interpersonal violence.

- “Crime syndicates...are well-organised structures involving *elite* government officials, judges and magistrates, public prosecutors, and **police** (Memo on codes 0056, 0057; Gumbi, 2017)” (Chapter 4).

If the **police** are working within crime syndicates, what kind of **protection** does that offer? The **police** must be overhauled—all members, checked, vetted, re-interviewed, layered voice analysed, physically tested, fired if necessary, and retained or hired if of a high standard. (Layered voice analysis is used for personality, integrity, and honesty testing. See for example: <https://www.nemesysco.com/>). This will improve **police protection** and **reduce** violence.

- “Farm attack is a more than double **police** attack and almost quadruple civilian attack *endangerment* (Pearce, 2016).”

Since the risk of violence is higher for certain sectors of the population, special properly trained and vetted competent **police** units must be provided to protect them. This will **reduce** that violence.

- “**Police**-informed criminals (Dhlamini & Dissel, 2005) and informal settlement criminal concealment present farm attack *endangerments*.”

The above recommendations should be able to root out 98% of the bad elements in the **police** and ensure that **police** presence and patrol (**protection**) actually does **reduce** interpersonal violence, instead of it being a farce and a betrayal of the people.

- Having stopped an attacker, in a *safetifying* metatheory exemplification, “She [the survivor] calls the **police**” (Chapter 4). This is good if the **police** are sufficient in number, responsive, and come in time to be effective. All of these aspects need to be seriously addresses in planning, organising, restructuring, training, and testing the **police**. Somebody has to ensure the budget, responsibility, and implementation of doing these things properly.
- “In *asserting* herself, the survivor ensures that she has made adequate **police** report and legal action against the perpetrator, and she respectfully but tenaciously monitors and obtains feedback on the same until justice is done (Memo on codes 0618-0626; Gumbi, 2017; Mpata, 2011; cf. Glaser, 1998).”

These efforts on the part of a survivor can only be successful if the **police** are an adequately functioning reality. If not, revamp is needed as above.

And now a look is taken at references to the **police** in Chapters 1 and 2 of this dissertation:

- “The South African **Police** Service (SAPS) has not been properly complying with this Act, with 185 of its members found in 2017 to be domestic violence offenders themselves (Beukman, 2017)” (Chapter 1).

Proper re-interviewing and vetting of all **police** members should drastically reduce this type of problem, making the police better real **protectors** of *the people*.

- “Every **police** station in South Africa has volunteers and a Victim Empowerment Officer who have been trained to help violence victims. These centres, otherwise known as Victim Support Centres (VSCs), are however not all properly resourced and fully functional (Beukman, 2017)” and “The relatively ineffectual Victim Empowerment Centres at South African **Police** Stations...flow from the Victim Empowerment Programme promoted by the NCPS” (Chapter 1).

Somewhere, somehow there are a bunch of people who do not care, have not budgeted, resourced training, implemented, monitored, managed, etc. this type of structure. People who do not know how to set up, structure, and run something should be replaced by competent people. Moral and psychological inertia and negligence cannot be allowed to overtake society, including the **police**, and justice system.

- “Family and community disintegration, sometimes occasioned by **police** action or settlement informality, contributes to a social context in which it becomes easy to be interpersonally violent (Lamb, 2015; Makanga et al., 2017)” (Chapter 2).

So the **police**, besides informing criminals and partaking in criminal syndicates, overstep their authority in other ways by implementing actions which tear at the fabric of communities (cf. Ali, 2019). As already indicated several times, systematic sifting, firing of unacceptables, and confirming of acceptables must take place throughout the **police**.

‘...**desistance** (Merchant & Whiting, 2018) and “**moral development** programs” (Trivedi-Bateman, 2019)...may be...utilised to **reduce** interpersonal violence’ (Chapter 2; bold added). These authors were not referenced for these concepts in the theory due to non-emergence. However, both these concepts did emerge from other sources, again showing a curious comprehensiveness of the metatheory in covering salient literature themes by natural data emergence processes.

It should be appreciated at this point that a classic grounded metatheory is not intended to include every possible extant concept in a specific field (e.g. interpersonal violence), as firstly, grounded theory’s goal is not comprehensivity but representivity (relevance, fit and workability; cf. Glaser & Holton, 2004; Glaser & Strauss, 1967; Holton, 2008), and secondly only emergent concepts from a limited number of sources (in the present study’s instance just over 200 data items) directly relating to main concern and resolution are included. However, although this study does not include numerous concept wordings from its literature review, the applicable concepts in many cases did still emerge in the metatheory from other sources.

The following metatheory entries are examples of **desistance** and **moral development** roles in violence **reduction** (bold added):

- “Although no excuse for the perpetrator, the victim may realise that unnecessary challenge or recklessness could have triggered the attack (Memo 0098; Mpata, 2011)” (Chapter 4) was reconceptualised above, inspired by Merchant and Whiting’s (2018) concept, as “**desisting** challenge or recklessness” (Chapter 5).

This illustrates the metatheory’s emergent principle of personal responsibility for self-control (**desistance**) and personal violence **reduction**.

- “*Patriarchising* can be **withstood**, reshaped, and refined...Imagine how proud he [a man] could be to be different. Who wants to be like everyone else? Imagine how good he could feel, to be considerate, kind, and gentle and make others feel the way he would love them to make him feel. Imagine a world in which patriarchising means looking after women and children with the tender loving care of an empathic, gentle father, ever concerned with their welfare and progress in self-realisation. What a wonderful world it could be” (Chapter 4).

Again, the metatheory emphasises a person’s own inherent choice to be good and to do good. It really is not that difficult. You just really have to want to. And training and insight sharing is required on a grand scale in order to effect something like this for it to be of any widespread success. But it can be done. Essentially anything possible can be done. So let’s do it! *Patriarchising* **desistance** reduces violence. Make it a **moral development** programme.

- “Mere talk about decreasing *endangering* should stop, and a real adjustment of the *politics of the elite* take place producing a mutual **moralisation** of *the people* and conjuncturally a **decrease** in *endangering* (Taliep, 2015)” (Chapter 4).

This confirms what has just been stated about wanting to and sharing with and training others to want to **moralise** and be and do better.

- “*Safetifying* can improve *legislation*. *The elite*, playing *politics*, but lacking insight, coordination, integration, political will, and accountability (Eisenbruch, 2018), cannot be relied upon to produce effective holistic interpersonal violence *legislation* (cf. Barton-Crosby, 2018; Sammut Scerri, 2015) to control, intervene (Lamb, 2016), prosecute, **treat**, protect (Baldasare, 2012), **support** (Ward et al., 2012), and prevent (cf. Childress, 2016; Javakhishvili & Jibladze, 2018; Ryan et al., 2018). Other *people* have to do it, including **drafting**, fast-tracking (cf. Rayment-McHugh, 2018; Glaser, 1998), and promotion efforts (cf. Babu, 2019; Childress, 2016; Friesen, 2018; Mason & Satchell, 2016; Taliep, 2015). *Safetifiers* contribute to this process by *getting involved* (cf. Egbodo et al., 2018; Hodge, 2016; Ward et al., 2012)” (Chapter 4; bold added).

Such drafting, treatment, and support efforts can likewise be applied to **desistance** and **moral development programmes** which would lead to interpersonal violence **reduction**.

Safetifying and violence impact. It is ironic, based on the utter anti-social nature of violence, that shock and trauma mediate exposure to violence’s **pro-social** effect (Bogliacino, Gómez, & Grimalda, 2019 and cf. Simpson, Willer, & Feinberg, 2018 in Chapter 2), but it does confirm what *safetifying* has been positing above, that people are highly flexible and by nature good, and can choose to always be good, and that this should be cultivated. These two studies were non-emergent and therefore unutilised in the metatheory (Chapter 4), but their **pro-social** concept is pervasive in *safetifying*, especially in dimensions such

as *supporting, gratituding, apologising, connecting, dialoguing, welcoming, helping, contributing, getting involved, training, and lobbying.*

It is firmly believed by the researcher that people are essentially good and want to and would prefer to be good, but the reinforcements they receive from the outside world make many people view themselves as unworthy, despised, and bad, leading them to live up to that self-image. People can be shown how to reassess and view themselves in a different light. Some people will not reach such a stage, but many more will not if those who can do not do something about it (cf. Allan, 2018).

“PTSD” was mentioned twice in the metatheory (Chapter 4), once as beneficial arousal for rape avoidance (Söchting et al., 2004) and the second time in connection with animal therapy (Binfet, 2017; Mims & Waddell, 2016). “Post-traumatic stress disorder” is mentioned once with reference to symptom interpretation (Chapter 4). PTSD management is referred to by “*independenting, asserting, confidenting, and positivizing* which reduces stress and raises happiness (Memo on codes 0595-0597; McLean et al., 2018; Romito et al., 2005)” (Chapter 4). Neither Jones et al. (2001) nor Gómez (2019) referred to in the literature review for PTSD incidence and mal-effect (Chapter 2) emerged in the metatheory (Chapter 4), but as can be seen the related variegated and relatively comprehensive concepts of symptom interpretation, stress reduction, violence avoidance, and animal therapy did.

“Interpersonal violence has a physically and emotionally injurious effect on many South Africans (Norman et al., 2010)” and generally “Violation and violence can impact people’s lives... and have a broad and far reaching deleterious effect (Sharkey, 2018)” (Chapter 2). Although treated in the literature review, again, neither of these studies emerged in the metatheory (Chapter 4) for their general observations mentioned here. Nonetheless, as it is becoming repetitively apparent, the deleteriously injurious effect of interpersonal violence is pervasive throughout the metatheory, such as the following exemplar extract shows:

“Victims experience a wide range of impacts from attacks of interpersonal violence which irrevocably alter their *perception*, including aborting, aggressing, alerting, becoming braver, being concussed, cruel, disliked, impoverished, in shock, indecisive, nervous, psychologically distressed, sad, vague, wary, closing up, opening up, crying, despairing, discomforting, distrusting, emoting, enraging, experiencing cyclical violence, feeling

apprehensive, depressed, fragile, guilty, heartbroken, helpless, hopeless, humiliated, imprisoned, incapacitated, insecure, powerless, purposeless, shame, suicidal, tranquil, fearing re-attack, fluctuating, living with difficulty, living a nightmare, losing health, hope, self-confidence, self-value; digit, neurological, limb, organ, skeletal, and other physical injuries, swelling, and damage; suffering from nervous disorders, pain, sleep deprivation, and vertigo (Memo on codes 0532-0594, 0598-0608; Childress, 2016; Gumbi, 2017; Mpata, 2011; Romito et al., 2005; Weaver & Clum, 1995)" (Chapter 4).

Safetifying then posits mechanisms for dealing with and overcoming these impacts, such as *modulating, tolerating, enduring, tacticking, capacitating, consciousness, deciding, resisting, perceiving, disentangling, perspectivising, understanding, changing, reclaiming, believing, relinquishing, banishing, healing, strengthening, benefitting, and growing*. Although these processes all emerged from the data literature, nowhere has it been seen that they have been synthetically presented in one conceptualised theory. *Safetifying*, thus, provides a full impact coverage of interpersonal violence experience from origin (*danger*) to *safetifying before, during, and after violence*.

"Violation and violence can impact people's lives in the form of experiencing **racism** (Venkatesan, 2019)" (Chapter 2; bold added). Venkatesan was not emergently referred to in the metatheory but the effects of **racism** emerged from other sources as follows (bold added):

- "The elite pose the initial socio-structural condition (Glaser, 1998) in the destructive amplifying mutual loop (cf. Glaser, 2005a) with the people, by utilising the aspect of politics to betray the people, espouse radical **racialism** (Pretorius, 2014), cloak ethnocentricity (Gada, 2018), exercise political hatred (Code 0003; Pieterse et al., 2018), train attackers (Code 0002; Gumbi, 2017), and orchestrate attacks (Code 0001; Gumbi, 2017)."
- "Legislation sets up the socio-structural parameters for *socialisation* of violence, weakening protection and impoverishing (cf. Gumbi, 2017), by discriminating **racially** (Norman et al., 2010), controlling influx, delineating areas, removing forcibly, and disrupting traditional social systems (Lamb, 2016)."
- "Poverty motivates farm attack which is spurred on by **racial politics**, group inferiority projection, lack of legislation and enforcement, and inadequate town planning, and exacerbated by reverse patriarchising, negative socialisation, hate-based cultural norms, and substance abuse, resulting in a profusive violence endangerment."

The multiple non-emergence instances of literature review items in the metatheory referred to above are clear evidence that the literature review was not in any manner willy-nilly revamped or otherwise incorporated into the metatheory other than in the manner shown in Chapter 3 regarding limited theoretical sampling. This speaks to the soundness and integrity of the analytical and conceptual emergence procedures of the metatheory.

The above three entries from Chapter 4 metatheory reflect the emergence of *the elite* using *politics* and *legislation* to emotionally and structurally inspire and promote **racism** resulting in interpersonal violence. This did not emerge from Venkatesan's (2019) concept of *experiencing racism* in violation and violence, dealt with in the literature review (Chapter 2), but yet again *safetifying*, and more specifically the *endangering* part of the *safetifying* metatheory has this concept emerging from numerous other literature sources as well as syntheses of theoretical concepts in theory generation. It speaks to the need for deconstructing **racialism**, **racist thinking**, and **racial political** agendas.

Safetifying and violence prevalence. This section in the literature review (Chapter 2) has very meagre information, mostly geographic, which by its nature does not emerge in a classic grounded theory which is abstract of person, place, and time (Glaser, 2002a). The metatheory, on the other hand has numerous **prevalence** emergents, seven of which will serve as examples:

- "Terrorist veterans returning to and being integrated back into their societies of origin pose high *endangerment* for *the people*" (Chapter 4).

There are and have been many such returning veterans over the past decades worldwide which is indicative of the unquantified yet serious **prevalence** of the violence danger they present through organised crime syndicates.

- "*Organised criminals* engage in cash-in-transit heists, farm attacks, home invasions, store holdups, and random opportunistic attacks" (Chapter 4).

As such, these crimes are widespread in many parts of the world, and thus this theoretical observation is a clear declaration of violence **prevalence**.

- "The *politics* of *the elite* and the *socio-culture* of *the people* are the perpetually looping conjunctural causes of the *endangerment* that *organised crime* presents" (Chapter 4).

This statement encapsulates the conceptually expansive **prevalence** of the violence of organised crime as corrupt *politics* and negative *socialisation* are rampant. The metatheory's contribution to trying to deal with organised crime is clear:

"People *safetify* from *organised crime endangerment* by *securitising*, *evaluating*, and *awarenessing* through *observing signs*, *anticipating trouble*, and *averting danger*. Medium to long term, they *safetify* from *organised crime endangerment* through steps like *connecting*, *getting involved*, *contributing*, *dialoguing*, *lobbying*, *supporting*, and *training*" (Chapter 4).

- “Proximity to and density of various physical establishments, like public high schools, drinking establishments, and lottery retailers can be indicators of *assault endangerments* (Drawve & Barnum, 2018)” (Chapter 4).

Here are given specific socio-structural area types where violence **prevails**, and these being prolific in any modern society likewise indicates its vast reach. How does the metatheory deal with such **prevalence**?

“People *safetify* from *assault endangerment* by *evaluating*, *setting up*, and *securitising*, *awarenessing* by *observing signs*, *anticipating trouble*, and *averting danger*, and *calling for/arranging* and *receiving help/support*” (Chapter 4).

- “Self-employed men are more likely to be *assaulted* than women, and women on night shift more than men, especially healthcare workers and prostitutes. People over 65 years of age are most *endangered* for *assault*. Working with the public is a high *assault endangerment*, especially in spring during the early morning hours for taxi drivers, healthcare workers, public safety workers, teachers, and liquor store workers, and if *attacked* can result in neck, shoulder, back, or other sprain, contusion, fracture, or laceration (Islam et al., 2003; Kraus et al., 1995).”

Many people fall into these categories and therefore these are indicators of vast violence endangerment **prevalence**. What is *safetifying*’s response to this? Same as the previous item:

“People *safetify* from *assault endangerment* by *evaluating*, *setting up*, and *securitising*, *awarenessing* by *observing signs*, *anticipating trouble*, and *averting danger*, and *calling for/arranging* and *receiving help/support*” (Chapter 4).

- “*Domestic violence endangerment* for women is over five times higher than for men, and may include factors such as being young, unschooled, divorced, a single parent with an increasing number of children, jobless, and psychologically, physically, or sexually abused as a child; physically abused girls can be twice as *endangered* than non-abused for *domestic violence* physical *assault* as a non-single mother—as a single mother, almost three times as *endangered*; sexually abused girls can be almost six times more *endangered* than non-abused for *domestic violence* sexual *assault* in adulthood” (Chapter 4).

Again, the fact that these qualifiers include many people speaks to domestic violence **prevalence**.

The metatheory posits that to *safetify* from domestic violence “...*safetifiers awareness* by *observing signs*, *anticipating trouble*, *modulating*, and *averting danger*, *call for/arrange* and *receive help*, and *leave*” (Chapter 4).

- “*The political elite* singing songs and making statements about using weapons, killing farmers, taking their land, and praising failed state land grabs are very serious farm attack *endangerments*. Farm attack is a more than double police attack and almost quadruple civilian attack *endangerment* (Pearce, 2016)” (Chapter 4).

Such behaviour only has to happen on one or two occasions to fuel and incite large groups of people for several decades. Thus is the power of hatred, revenge, inverted *inferiority*, cruelty, dissipation, and degradation. When it infects a whole nation violence **prevalence** skyrockets.

“*Safetifying from farm attack endangerment is done by awarenensing, counter-setup, evaluating, securitising, and training*” (Chapter 4).

Thus, the metatheory has provided many emergent elucidations of the **prevalence** of violence, but in theoretical, not statistical, terms.

Safetifying and violence research. “Westmarland & Bows (2018) have a helpful book on abuse, violence, and gender research methodologies. Irwin (2019) shares with us her violence-masculinity contextualisation of the methods of grounded theory” (Chapter 2). Neither of these references are utilised in the metatheory (Chapter 4), which is not surprising as the metatheory is the actual theory and not the method or methodology *per se*. Notwithstanding, the metatheory is an exemplification of how the research methodology of classic grounded theory might be applied to violence research with great emergence, elucidation, understanding, and potential for real-life applications.

Safetifying and violence reporting. “...violence in the **media** is seen as a primary influence on violent behaviour (Potter & Potter, 1999)” (Chapter 2; bold added). Neither this reference nor the other two media-related references (Reyes-Sosa et al., 2019; Boge & Larsson, 2018) in Chapter 2 emerged in the metatheory (Chapter 4). As usual, though, the metatheory emergently incorporates several striking and insightful utilisations of violence reporting (**media**) and its influence on human behaviour, as the following extracts show (bold added):

- “Literature and other **media**, both religious and otherwise, have a strongly negative socialising effect on *the people’s* beliefs and practice in regard to *projecting inferiority* onto women (Matsumunyane, 2014). *The people* need to take it upon themselves to implement proper teaching, interpretation, and handling of such resources in order to ensure a progressively positive change effect (Matsumunyane, 2014; Scheff et al., 2018). Instead of reacting adversely (Ruble, 2018), people *safetify* themselves against *inferiority projection* by *reclaiming* their right to equality, *asserting*, and *strengthening* themselves. *Reclaiming* gives people a sense of *self-belief*, appreciation, and *independence* which increases *assertiveness* and *confidence*, and *strengthens* their *awareness*, ability, and resolve to protect themselves and to stay safe” (Chapter 4).
- “*Legislation* to curtail *alcohol* and violent **media** supply needs to be enacted and thoroughly *enforced* (Ward et al., 2012)... Communities can be *safetified* not only by forcing the

enforcers to *enforce* (cf. Ward et al., 2012), but by *contributing in dialoguing* (Pieterse et al., 2018), and *supporting* and *training* others in *enforcement* and safety (Ward et al., 2012)" (Chapter 4).

- "**Media**, screen, digital, and television violence is strongly associated with youth aggression (Ward et al., 2012). Why do *the elite* ruling class pump *the people's* news and entertainment full of the concept of violence as a way of resolving conflict (Ward et al., 2012)? To break down, preoccupy, and manipulate. As long as *the people* are so busy fighting each other, there will be no time or resources to figure out how to resist *the elite*... *Socialisation*, in turn, contextualises, fosters, and supports violence, by violence-legitimizing attitude and belief systems being unconsciously implemented in the way people are compelled to live; these systems of thought need to be vigorously withstood, dismantled (Mason & Satchell, 2016), and reconstructed (cf. Gumbi, 2017). *The people safetify* from hatred and *socialised* violence by *resisting* and *training*" (Chapter 4).

These extracts from the *safetifying (endangering)* metatheory speak for themselves, and the theory's emergent critical realistic resolution to the **media's** negative influence is also provided for each.

Safetifying and Related Theories

Safetifying and Endangerment Theory/Danger Theory. Danger Theory seems only to exist in the literature relative to immunology. Endangerment Theory, on the other hand appears in connection with the following:

- Australian frog ecological **endangerment** predisposition for biodiversity protection (Forsman & Hagman, 2009).
- **Endangered** languages (Heinrich, 2015).
- American criminal **endangerment** referring to placing another in "imminent danger" of serious injury or death (Kato et al., 2012). Also referred to as the "active endangerment theory", it has been utilised in jurisprudence to sue for workplace anthrax contamination (Hunter, 2017). It is more a legal principle than a full-fledged theory. Interestingly, workers *safetifying* from this danger might also use the metatheory's numerous dimensions, including, for example, *observing, preparing, weighting, averting, securitising, reporting, enforcing, and lobbying*. A thorough emergent elucidation, however, of the "imminent danger" of serious injury or death aspect of *endangerment* is provided in the metatheory (Chapter 4).

- Vulnerable and **endangered childhood** (Henry-Lee, 2020a). This “endangerment theory” deals with the opportunity, protection, and basic necessity lack of **children** in the Caribbean small islands, concentrating mostly, it seems, on socio-economic factors and not necessarily on possible deleterious effects of violence or abuse on **children** (Henry-Lee, 2020b). Unfortunately this cannot be thoroughly ascertained due to inability to access fulltext copies of the studies. The **childhood endangerment** subject as a whole, including the very pressing problem of violence and abuse, however, is implied by much of the societal aspects of *endangering*, such as *patriarchising*, with **children** being possibly adversely influenced by all *the elite’s tools* and the *people’s sub-conditions* as emergent in the theory.

Specifically, “**Child** maltreatment is delineated as follows: *Endangerment* includes neglecting emotionally, physically, and educationally. Aggression includes slapping and pinching. Abuse includes hitting with a fist or object, shaking, knocking down, kicking, or throwing, beating up, choking, engaging in sexual acts (Adapted from Table 1 in Emery & Laumann-Billings, 1998, p. 124)” (Chapter 4; bold added).

Childhood abuse is also stated to be futurely detrimental: “Living in a town, being abused as a **child**, being young, black, *poor*, or male, drinking *alcohol*, feeling insecure or vulnerable, or being too familiar, unaware, or incautious can create a harm risk—*endangerment*—for a person (cf. Codes 0659–0678; Childress, 2016; Fry, 2014; Gumbi, 2017; Manyema et al., 2018)” (Chapter 4; bold added).

Solutives offered by the metatheory: “...*safetifying* could aid such vulnerable people by providing physical and psychological self-defence and neighbourhood *protective tactics*, *techniques*, and *training* suggestions (Memo 0663; Fry, 2014)” (Chapter 4).

Such solutives would seem to also be applicable to **children**, although safetifying emerged mostly from the vantage point of the adult. Ponderation does lead one to acknowledge the possible effective applicability of the *steps*, *tactics*, and *techniques* of *safetifying* for use by **children**. Naturally this would not apply to the socio-structural aspects such as *dialoguing* and *lobbying*, but *techniques* like *observing*, *anticipating* and *averting* hold promise. Thus, **child endangerment** leads to abuse and actual violence which in turn create fresh harm risks—**endangerments**—to **children** when small and when they grow up. Merciless adults also **endanger children**, such as “Crime syndicates... using unprosecutable **children** for group attack and robbery” (Chapter 4; bold added).

“People *safetify* from *organised crime endangerment* by *securitising, evaluating, and awarenensing* through *observing signs, anticipating trouble, and averting danger*. Medium to long term, they *safetify* from *organised crime endangerment* through steps like *connecting, getting involved, contributing, dialoguing, lobbying, supporting, and training*” (Chapter 4).

Thus, **endangered children** need good, caring, effective adults to fight abuse and to protect them.

- Harm-risk **endangerment** feminist sex-purchase abolition (Dempsey, 2010).
- Legal aspects of **endangerment** of **children’s** emotional and physical health (Oliphant, 2004).
- Priest sexual abuse **endangerment** of **children** (Russell, 2003). The abuse **endangerment** only exists because the abuse has already been perpetrated, the very fact of the occurrence of which creates the **endangerment** for further abuse.
- Vaginal or anal penetration harm **endangerment** (Madden Dempsey & Herring, 2007). In this connection, Madden Dempsey & Herring (2007) concede “that it may be possible to ascertain whether the risk of psychological harm has been sufficiently eliminated so as to avoid any prima facie wrongdoing grounded on this risk of harm” (no page number). Foreplay, stimulation, and penetration are interactive behaviours, requiring volition and acceptance by both parties every step of the way. At any point, for whatever reason, if one feels uncomfortable or unwilling, a simple verbalisation of this feeling (e.g. “No”, “Not now”, “Rather like this”, or “I’m not doing this”) should be sufficient to check the process, stop it, or redirect it to something more suitable. There is no excuse for forcing someone to do or allow something they do not or should not want—the latter for underage people. Anything beyond this is harmful and crosses the **endangerment** line over into force, abuse, violence, or attack. These sentiments did not emerge in the metatheory, but the sensitivity to human rights and respect which they portray are endogenous to the entire metatheory of *safetifying* (which includes *endangering*). Some of the

statements on *rape endangerment* also provide some harsh-reality guidance typical of the metatheoretical approach in this study with co-emergent resolution:

“*Alcohol* is an assessment, reaction, and resistance diminishing *rape endangerment*. Insecure windows; unlocked doors (Murray, 2007); secluded places; illegal drug use (Testa & Livingston, 2009); male date arranging, paying, and driving; sometimes joint payment; date frequency; incremental consensual sex partners; token resistance (Loh et al., 2005); leading on (Muehlenhard, 1988); male peer pressure (Jewkes et al., 2012); multiple prior rapes; and, prior victim PTSD arousal lack can be *rape endangerments* (Söchting et al., 2004)... People *safetify* from *rape endangerment* by *awarenessing, assessing, changing, preventing, asserting, tacticking, resisting, and strengthening*” (Chapter 4).

An extrapolation of the meaning of **endangerment** from the above relevant instances yields that it runs along a continuum from harm risk to actual harm, or at least up to the point of where actual harm is done, which technically is no longer **endangerment** but actual abuse, attack, or violence (cf. Chapter 4). The metatheory combines scores of data literature items to produce the synthesis of the sub-theory *endangering* which shows how *endangerment* is created. It is beyond the scope of this section to quote from *endangering* (Chapter 4) at length which is what would be required to do justice to the metatheoretic contribution to **endangerment** theory, and the reader is encouraged to read or re-read that section for this purpose. Nevertheless, certain pertinent contributions have been quoted above.

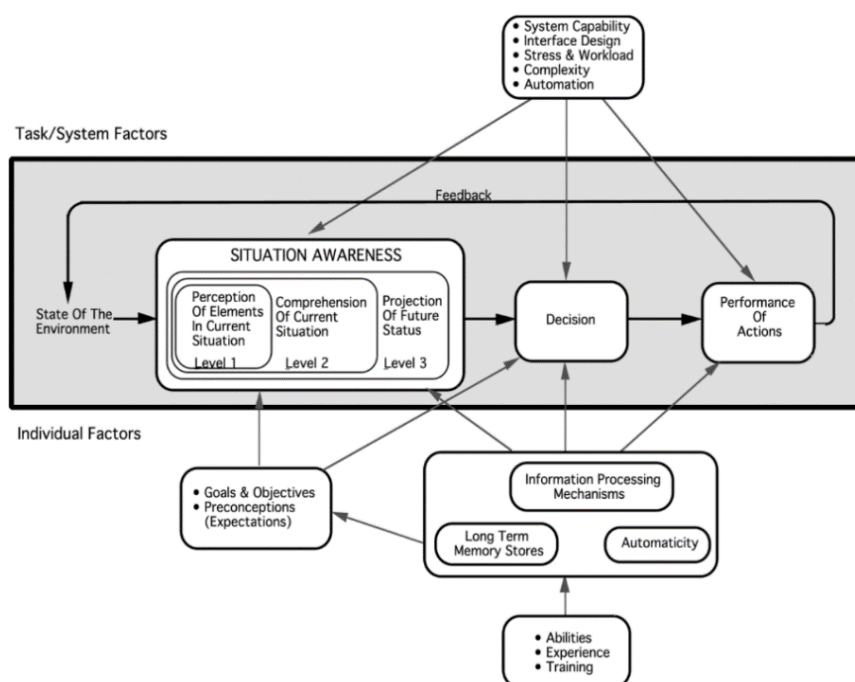
The above **endangerment** theory literature fragments with the to-the-point principles from the *endangering/safetifying* theory from interpersonal violence literature provide some incisive elaboration of so-called **endangerment** theory. As such “endangerment theory” in the literature is more a descriptive term for either a very limited theory of a specific stage of life **endangerments** or specific **endangerment** events, ideas, or principles, in several fields and does not represent a coherent integrated *danger* theory as such. *Endangering*, however, does, from the standpoint of harm risk by interpersonal violence. This is much broader than any of the other **endangerment** “theories”, covering all life stages, many types of violence, psychological, physical, and personality *endangerment*, and numerous *endangerment* principle explications.

Safetifying and Situation Awareness Theory. Varied task domains, such as operating complex systems, machinery, and aircraft, as well as driving, walking (Endsley, 1995), and entering unknown or potentially dangerous situations requires situation awareness which is temporospatial environmental elemental perception, meaning-comprehension, and immediate future status projection (Endsley, 1995).

Situation Awareness Theory is in some sense broader than the situation awareness aspects of Safetifying Metatheory, in that it purports to have wide applicability whilst exemplifying mostly in aviation, fighter aircraft, and plant machinery operation. *Safetifying* on the other hand starts off in Phases 1 and 2 with *danger* and *attack* situation *awareness* and ends with Phase 3 *self-transformation*—akin to Maslow’s self-actualisation (Maslow, 1971)—situation *awareness* which can be not only applicable to *after/after avoiding violence* living but to life in general. In some sense then *Safetifying* may compliment and be just as broad as Situation Awareness.

Having stated as much, it is immediately apparent that situation awareness before, during, and after fighter aircraft attacks may not be that different from situation awareness *before, during, and after* interpersonal violence *attacks*. The temporospatial environment is different, but the elemental perception, meaning-comprehension, and immediate future status projection (Endsley, 1995) would appear to be essentially the same. However, equating the two theories would be disingenuous as they are qualitatively and contentively distinguishable.

The diagram on the following page refers:

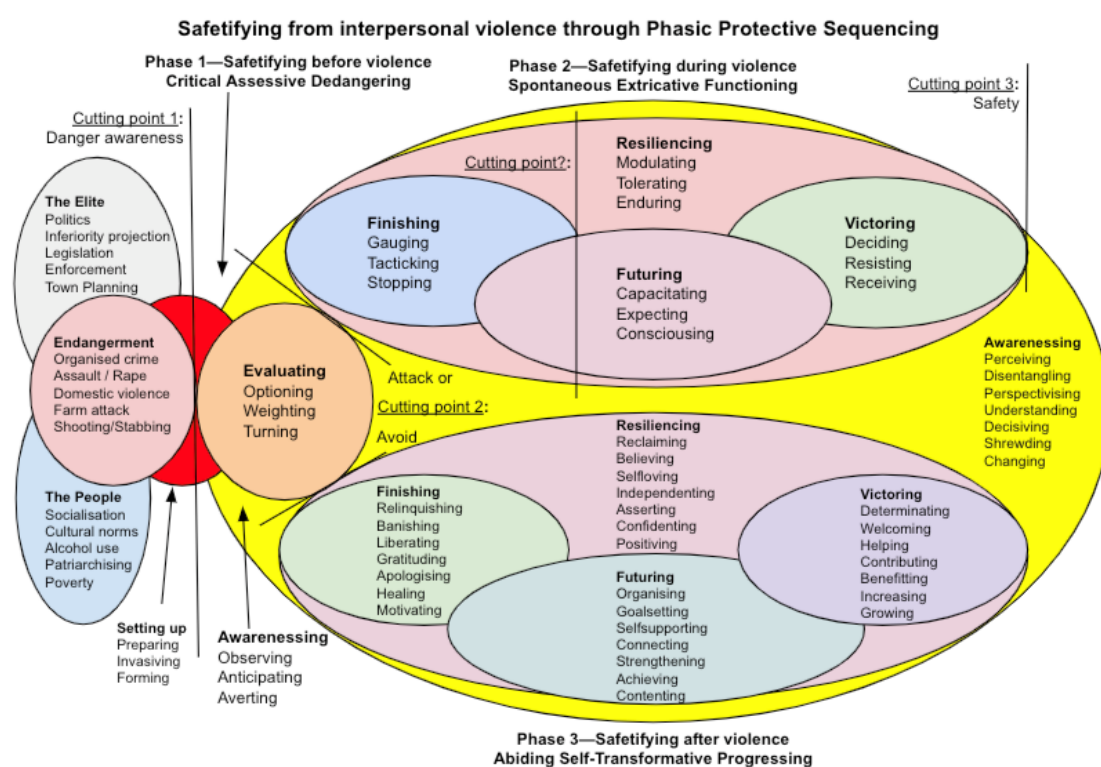
Figure 33—Situation Awareness in dynamic decision making model

Above model from Endsley (1995, p. 35).

Situation Awareness is a construct that presupposes awareness through attention distribution, whereas *Safetifying's awarenensing* signifies active attending or an acquisition of awareness—see figure on next page. Situation Awareness is predicated on elemental perception (follow in above diagram) which is a mental process presupposing an acquisition of situational elements performed by *awarenensing's observing*. Situation Awareness then moves to cognitive meaning comprehension, whereas *Safetifying's awarenensing* shifts to motor-cognitive *anticipating* while its *evaluating* makes meaning. Situation Awareness then projects a future scenario, while *Safetifying's anticipating* works with *evaluating's optioning* and *weighting* to assess potential outcome.

Thus Situation Awareness utilises perception, comprehension, and projection, and equivalently *Safetifying* utilises *awarenensing*, *observing*, *anticipating*, *evaluating*, *optioning*, and *weighting*. *Safetifying* is detailed, action-oriented, and progressive whereas Situation Awareness is sparse, unengaging, and lagging. *Safetifying* thus contributes to Situation Awareness by providing specific actionables which enhance its cognitive statics.

Figure 34—Model of Safetifying through Phasic Protective Sequencing



The comparison of the two theories could be taken further by juxtaposing, for example, decision with *averting* or *deciding*; performance with *counter-setting-up* or *turning*; information processing with *gauging*; goals with *expecting*; and, abilities, experience, and training with *modulating*, *tacticking*, *resisting*, and *stopping*.

Notwithstanding the violence domain specificity of *Safetifying*, its dimensions, again, are characteristic of active processes which, it is submitted, would fundamentally maintain a relatively optimal level of *awareness*, unlike the static constructs of Situation Awareness which name *post hoc* states.

This has implications for application to real-life situations and for research, training, and subsequent effectual performing.

Safetifying and Resilience Theory. According to Resilience Theory (Masten, 2019) the following factors play a part in protection during or after stress or trauma: Caregiving, support, problem-solving, self-regulation,

optimism, self-efficacy, and belief. I was unable to source a Resilience Theory diagram showing these factors.

Table 43—Compare Resilience Theory with *Safetifying during violence*

RESOLUTION

Safetifying
during interpersonal violence through
Spontaneous Extrictive Functioning
psycho-physical process (cf. Glaser, 1998)

PHASE 2

					Level 1
					Level 2
					Level 3
					Level 4

Processes Technique 1 Technique 2 Technique 3	Moment 1 Awarenessing* Observing signs Anticipating trouble Averting danger	Moment 2 Resiliencing* Modulating Tolerating pain Enduring cutting point	Moment 3 Finishing** Gauging Tackticking Stopping attack cutting point	Moment 4 Futuring* Capacitating Expecting** Consciousing	Moment 5 Victoring** Deciding for life Resisting Receiving help cutting point
	tactical manoeuvring				

*moderating variable **mediating variable

During violence, *Safetifying's* *resiliencing* uses *modulating* to self-regulate and problem-solve—see above table. *Tolerating*, *capacitating*, *consciousing*, *deciding*, and *receiving* are self-regulative and predicated upon support and self-efficacy, but are more extensive and effectual than they. (*Capacitating*, *deciding*, and *receiving help* are included with *tolerating* as adjunct *techniques* supporting and moderating *tolerating's* effect.) *Enduring* would be undergirded also by support, and caregiving, as well as optimism and belief, but is essentially and temporally singular. *Modulating*, *tolerating*, and *enduring* are the sub-processes of *resiliencing*, and as such represent yet again practical, executable techniques for dealing with abuse, violence, and degradation. Resilience Theory's protective factors, on the other hand, are relatively abstract qualities which do not necessarily contain indicators of what exactly must be done to exercise *resilience*.

Refer to the table on the following page. After violence, *Resiliencing's reclaiming* includes self-efficacy; *treatment*—a subdimension of *reclaiming*—includes caregiving, support, and problem-solving; *believing* includes belief as defined as “beliefs that life has meaning” (Masten & Cicchetti, in Cicchetti, 2016, cited in Masten, 2019); *selfloving* and *asserting* subsume self-regulation and self-efficacy; *independenting* incorporates self-efficacy; *reporting*—a subdimension of *asserting*—includes problem-solving; *confidenting* has self-efficacy, optimism, and belief in it; and, *positiving* utilises optimism.

Table 44—Compare Resilience Theory with *Safetifying after violence*

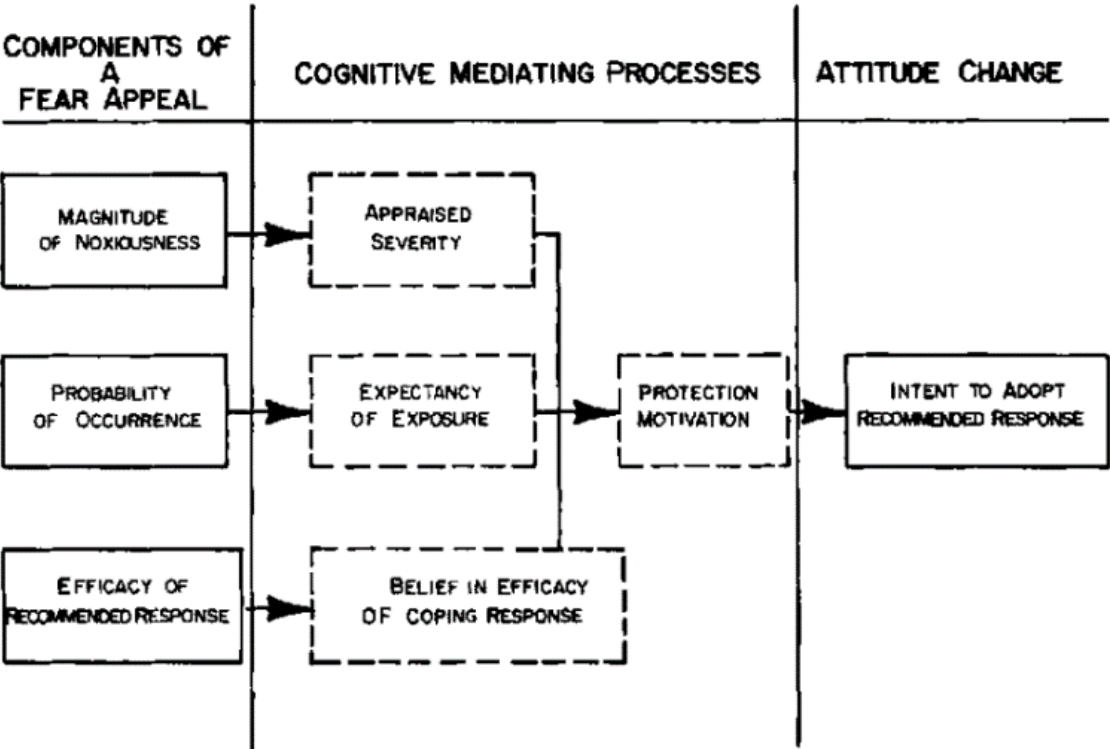
<u>RESOLUTION</u>		Safetifying <i>after interpersonal violence through</i>		
PHASE 3		Abiding Self-Transformative Progressing psycho-social process (cf. Glaser, 1998)		
<u>Passage 1</u>	<u>Passage 2</u>	<u>Passage 3</u>	<u>Passage 4</u>	<u>Passage 5</u>
Awarenessing	Resiliencing	Finishing	Futuring	Victoring
Step 1 Perceiving	Reclaiming	Relinquishing	Organising	Determinating
Step 2 Disentangling	Believing	Banishing	Goalsetting	Welcoming
Step 3 Perspectivising	Selfloving	Liberating	Selfsupporting	Helping
Step 4 Understanding	Interdependenting	Gratituding	Connecting	Contributing
Step 5 Decisiving	Asserting	Apologising	Strengthening	Benefitting
Step 6 Shrewding	Confidenting	Healing	Achieving	Increasing
Step 7 Changing	Positiving	Motivating	Contenting	Growing
stepped passaging				

All of these *Resiliencing* dimensions of *Safetifying* are, again, more than the protective factors propounded by Resilience Theory as can be seen by even a cursory reading of their explication (Chapter 4). As *Resiliencing* embraces and undergirds *finishing*, *futuring*, and *victoring*, it will also be perceived how the dimensions (*steps*) of these three *self-transformative* processes relate, inform, and interact in serendipitous *Phasic Protective Sequencing* with the dimensions (*steps*) of *Resiliencing* to give effect to its advantageous outworking in a survivor's life and to establish her emotional, social, and physical *safety*.

Thus, although Resilience Theory relates to protection during or after stress or trauma generally, and *Resiliencing* in *Safetifying* to protection *during* or *after violence* specifically, the latter certainly appears to be more intricately and actionably developed from which the former may derive guidance or benefit for further development.

Safetifying and Protection Motivation Theory. Fear-appeals, like negative cigarette advertisements, have been used to try to change people's behaviour by first changing their attitudes (Maddux & Rogers, 1983). Protection Motivation Theory contains three main fear appeal components (see figure below): danger magnitude, occurrence probability, and protective response efficacy (Rogers, 1975). These then lead to mediating cognitive processes of appraisal, expectation, and acceptance, respectively, which in turn produce protection motivation creating an attitudinal intention to implement the protective solution. (I have re-termed *efficacy belief* as "acceptance" for economy of expression purposes.)

Figure 35—Schema of Protection Motivation Theory



Above schema from Rogers (1975, p. 99).

Refer to adjoining table. In *Safetifying*, the fear-appeal would be *endangerment setting up* and impinging on a target's *aware-nessing* and *evaluating*. Severity is appraised through *observing* and *preparing*. Exposure probability is assessed by *anticipating* and *invasiving*. Protective response is accepted through *optioning* and *weighting*. Protection motivation rises. Protective solution (response) implementation (intention) ensues by *forming*, and *averting* or *turning*.

Table 45—Comparing Protection Motivation Theory

RESOLUTION		Safetifying	
PHASE 1		before interpersonal violence through Critical Assessive Dedangering socio-psychological process (cf. Glaser, 1998)	
Processes	Moment 1 (techniques)	Moment 2 (tactics)	Moment 3 (steps)
	Awarenessing	Setting up	Evaluating
	Point 1 Observing signs	Preparing	Optioning
	Point 2 Anticipating trouble	Invasiving	Weighting
Point 3	Averting danger	Forming	Turning/cutting point
rapid momentary decisioning			

Thus, it can be seen, that although Protection Motivation Theory has primarily been used to predict, among others, health, medical, and sexual behaviour (Norman et al., 2005), it would appear to have adequacy when it comes to predicting behaviour under threat of *violence endangerment*. *Safetifying's* *protective dedangering techniques, tactics, and steps* seem to mesh appropriately

with Protection Motivation Theory's components and processes. Moreover, *Safetifying* does seem to dimensionalise Protection Motivation Theory by adding the following active processes to its essentially static, so-called "processes" (e.g. appraised, expectancy, and belief): *awarenessing*, *evaluating*, *observing*, *preparing*, *anticipating*, *invasiving*, *optioning*, *weighting*, *forming*, and *averting* or *turning*. These *Safetifying* active processes may all be applied back into the model and theory of Protection Motivation within various combinations, levels, mediations, and moderations to clarify and actionalise.

Of course, such retro-application may require adjustive reconceptualisation of some processes, but this may nevertheless be accomplished without loss of the active nature of the named processes. For example, attack-oriented *forming* might for clarity and generalisability sake be reconceived as *combatting*, which could have applicability across many domains including smoking, junk food, etc, even violence again.

Safetifying and Self Defence Theory. Searches for information on self-defence theories must include the alternative spelling of "self-defense" otherwise one loses relevant literature items. I downloaded 20 relevant literature items from Google and Google Scholar searches. Self Defence Theory is a broadly applicable term with legal, moral, and other ramifications, unlike, for example, the already discussed Situation Awareness Theory which essentially hails from one source.

Mirowsky & Ross (1990) state that "Self-defense theory holds that intrapsychic defense is associated with well-being" (Mirowsky & Ross, 1990, p. 71). If this be true, and there appears no reason to think it is not, self-defence, therefore, would be not only an external right conferred upon humankind by custom and law but an intrinsic foundational mechanism within the psyche of every person, if not every mammal, and other animal class member and organism for the maintenance of entity integrity and *safety*. *Safetifying* philosophically and elementally supports this viewpoint and *Safetifying's* entire emergent metatheory tends strongly to a resolute, self-defending stance in the direction of *protective* wellbeing—*safety*.

Self Defence Theory has been used to explain why women kill their mates (Belknap et al., 2012). This is usually due to prior abuse by the mate and often

takes place during an attack by the mate (Belknap et al., 2012). *Safetifying* clearly shows the serious degree of abuse and violence women have to contend with from mate and stranger, providing a clear justification for the use of self-defence up to and including killing the perpetrator if that is the only means of survival (Chapter 4).

Anticipatory Self Defence Theory posits the customary law right to use force in self-defence to forestall an imminent attack and is usually applied in international law to the state (Greenwood, 2011). *Safetifying* shows that this right may also pertain to an individual with the regular caveats of no escape possibility and minimum force use. This raises the question of what might be considered imminent? “It must be necessary to act before it is too late” (Wilmshurst, 2006, p. 968, cited in Greenwood, 2011, par. 51). Alexander (2011) argues that “...self-defense and defense of others are always preemptive. They occur prior to the feared attack” (Alexander, 2011, p. 26). But how can this be so? Does self-defence not also take place after first strike by an attacker as illustrated and implied by numerous instances in *Safetifying Metatheory*? Alexander (2011) then posits what might be called a Culpability Self Defence Theory which essentially maintains a right to self-defence regardless of whether or not harm is inflicted on the victim. The corollary of such a theory is that a victim has a right to self-defence prior to being harmed by the attacking perpetrator. This is essentially the same as a Pre-emptive or Anticipatory Self Defence Theory. In other words, a victim may strike first to offset an anticipated attack. This is fully dealt with under *Safetifying’s* *evaluating—optioning, weighting, and turning*—when the target may have to strike, shoot, or otherwise stop an about-to-strike perpetrator.

Traditional American legal self-defence theory includes in some states a “duty to retreat”, meaning that deadly force may not be used if escape is possible, except if attacked in own home and not the aggressor in the attack. If attacker and victim are joint occupiers of the home, duty to retreat applies (Moreno, 1988). Such exceptional nuances bear consideration as commonsense elaborations to the *Safetifying Metatheory* which errs, if anything, on the side of *safety*, advocating retreat (leaving or escape) where possible.

Self Defence Theory must sufficiently inform a magistrate, judge, or jury of the background of a victim’s decision and behaviour to kill her abuser outside

of an attack, taking into consideration the experience of the victim leading to a reasonable expectation that the next attack could mean death (Moreno, 1988). The popular defence of “battered woman syndrome” would also work in tandem with and be supportable as a Self Defence Theory (Faigman, 1986). These scenarios are not dealt with in the Safetifying Metatheory, but they could indeed help to enlighten instances of chronic child or spousal abuse where escape or relief is well-nigh impossible and re-occurrence potentially lethal.

Such ruminations in self-defence theory revolve around the obvious right of a target to defend herself if it appears that she will be harmed and has no other means of *aversion* such as escape. This is wholly and sensitively supported and exemplified in the Safetifying Metatheory. In fact, *Safetifying’s* *averting, turning, modulating, tolerating, enduring, capacitating, consciousing, and deciding* are all passive, non-conflictual, avoidance strategies, and only when pressed by the perpetrator does *Safetifying* utilise *setting up, preparing, invasiving, forming, tacticking, expecting, resisting, receiving, and stopping* to end the attack which of course could result in perpetrator flight, incapacitation, or death. These *Safetifying* dimensions may be considered for analysis, expansion, or clarification of various aspects of the many versions of Self Defence Theory in use today.

Safetifying and Personal Safety Theory. The core of this theory is that the right to keep and bear arms (to own and carry firearms) offers threat control for self and society, aiding *safety* (Blocher & Miller, 2016). This principle is upheld, explicated, and exemplified in the Safetifying Metatheory, as the following examples show:

- “Effective gun handling by the victim—if armed—is crucial, as shooting becomes an option for *stopping* the attacker (Memo on codes 0225-0230; Gumbi, 2017; Johnson & Delaney, 2006).”
- “Thus in order to *gauge* the correct level of force for *stopping* a threat, the victim must perceive his **intention** (e.g. to kill or hurt her), he must have the **means** to carry out the threat (e.g. superior strength, boots, knife, gun, fists, or other weapon), he must have the **opportunity** (be able to reach her), and the victim must be able to **preclude** any other option for *averting*

the attack, such as, talking, *calling for help*, or *escaping*. Then the victim uses the appropriate degree of force to *stop* the threat (Miller, 2011)."

Thus, Safetifying Metatheory agrees with Personal Safety Theory that if the level of threat is life-or-death or an armed perpetrator, the target has the right to firearm use to control that threat.

Safetifying and Effective Living Theory. Google and Google Scholar searches yield no results for this theory because it does not exist, yet. In identifying and delineating the above theories for comparison with Safetifying Metatheory, I supposed that there would or should be an Effective Living Theory with which I might do the comparison. But alack and alas, there is not.

I would like to have made a comparison because I think that Safetifying would have compared favourably with it, first of all because I am biased—not really, but I do like my theory—and secondly, because Safetifying appears to have many inherent principles which lean to generativity, effectivity, and self-realisation (Glaser, 1978). It may be redundant to name them here, yet again, but three may suffice to convey the idea: *selfloving*, *liberating*, and *growing*.

As has been previously stated, Phase 3 *Safetifying after/after avoiding violence* through *Abiding Self-Transformative Progressing* may be applied to and utilised by anyone, not only survivors of violence. All people have problems or issues to overcome, and Phase 3 *Safetifying* offers *processes* and *steps* to effectively do this. It can become the basis for an Effective Living Theory which might lead on into development of an Effective Living Seminar that could be offered digitally (online) and in person.

Summary

The Safetifying Metatheory's sub-theory of *Endangering* deals at length with violence causation. Accordingly, it helped to elucidate causation within existing literature with reference to culture, hate, alcohol, guns, men, neurology, and legitimated and structural violence. *Safetifying* also generated a body of many therapeutic processes unfound in the literature. Further, the metatheory was discussed in relation to extant literature on violence prevention, reduction, impact, prevalence, research, and reporting.

Safetifying was then compared and discussed in connection with the related theories of endangerment, situation awareness, resilience, protection motivation, self-defence, personal safety, and effective living.

The Safetifying Metatheory, by way of comparison with the extant wider body of literature, appears not only to constitute a relatively unique contribution to the field of interpersonal violence, but to have the ability to inform other related theories.

Chapter 6

Conclusion

Nothing's as good as holding on to safety

- Euripides, 409 BCE

Introduction

The chapter starts with a knowledge contribution section which essentially continues that theme from the previous chapter, dealing with thirty-five broader existing theories, then positing the two new theories of Endangering and Safetifying, explaining the development of safetifying ability, victim support practice, and Stratad Theory, and showing how classic grounded theory was used in this study.

The study aims are then shown to have been achieved, study findings and research approach are evaluated, and limitations, strengths, future research, other substantive area fit, and formal theory potential are discussed.

The chapter ends with a review of the researcher's personal learning and a summary.

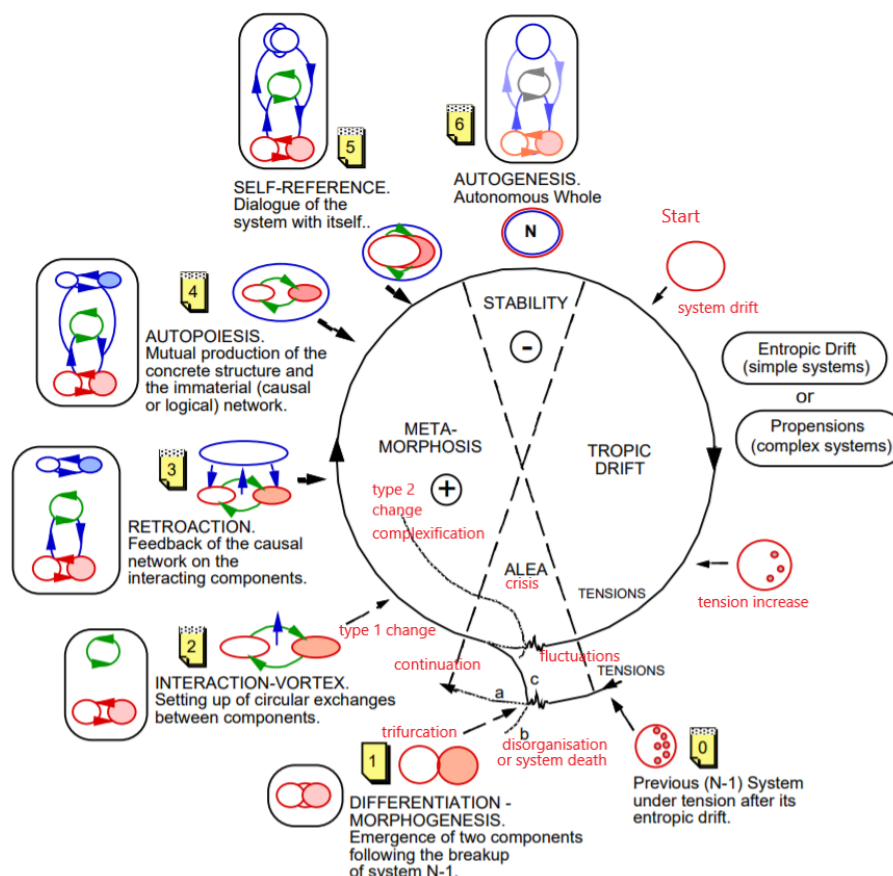
Knowledge Contribution

Certain contributions by the Safetifying Metatheory to existing theories related to the field of safety and self-defence have been indicated above. Other contributions to the literature were also highlighted, such as the detailed potential therapeutic mechanisms and techniques provided. Below are several broader theories, essentially outside of the area of violence, to which Safetifying offers strategic processual elements and from which Safetifying espouses evolutive structuralisation, both of which make contributions to existing knowledge.

Existing Theories. This section shows the potential of the Safetifying Metatheory to analyse and be analysed by a wide range of theories, in such a way as to make either significant or original contributions to existing knowledge.

Viable System Theory. A viable system is a system that, once initiated, becomes environmentally disrupted, and then either continues with minor adjustments, dies/disorganises, or undergoes radical change which complexifies (improves) the system that can now use itself as reference point iteratively for ongoing improvement cycles (cf. Schwarz, 2001). This process can be seen in the figure below which may be referred to throughout the discussion below.

Figure 36—Schwarz Viable System Model



Above model from Schwarz (2001) and Schwarz (1997) cited in Wikipedia. (2020). *Viable system theory*. https://en.wikipedia.org/wiki/Viable_system_theory (Red words added by me, adapted/quoted from latter source.)

Endangering (Chapter 4) is a socially negative viable system. That is why it maintains itself with amplifying reciprocal looping conjuncturally causing metamorphosic endangerment which incrementally stabilises, reorganises, and evolves. When safetifying (e.g. enforcing, dialoguing, lobbying, and training) is applied to the system (endangering) during a time of tropic drift (combination of actualisation and non-directedness when endangerment consolidates and coasts), it increases tension within the system, which creates fluctuations (shifts

in intensity of the elite's tool use, the people's sub-conditions, and resultant endangerment). If safetifying is strong/effective enough, this critical moment can result in a type 2 change (metamorphosis) in the system leading to structurally reduced tool use or sub-condition intensity with concomitant attenuation of endangerment. The system would then go into a period of stability. Upon a critical or sufficiently successful iterations of a type 2 change cycle, the system autopoiesically self-references and becomes autogenetic. This viable system can lead to a self-sustaining dedangering of society.

At the point of fluctuation, if safetifying is not strong/effective enough to evoke a crisis (positive, such as revamp of legislation/enforcement), it may only lead to a type 1 change of minor adjustments with a continuation of the cycle in much the same manner. If the fluctuations are highly disruptive and uncontrolled, it could lead to system disorganisation, disintegration, or death (overthrow/anarchy—unintended consequences).

Table 46—Viewing *Endangering* within Viable System Theory

MAIN CONCERN		Endangering with interpersonal violence through Contingent Contextual Conditioning socio-structural process (cf. Glaser, 1998)		
Precipitants	Process 2	Condition 1 (tools)	Condition 2 (subcon)	Consequence
	Process 1	The Elite**	The People*	Endangerment
	Aspect 1	Politics	Socialisation	Organised crime
	Aspect 2	Inferiority projection	Cultural norms	Assault / Rape
	Aspect 3	Legislation	Alcohol use	Domestic violence
	Aspect 4	Enforcement	Patriarchising	Farm attack
	Aspect 5	Town Planning	Poverty	Shooting/Stabbing
		amplifying mutual / reciprocal looping		
		conjunctural	causal	frequenting
		**independent / mediating variables		*moderating variables

dependent v.

cutting point

Thus, an inherently destructive “viable” system of endangering people with violence — see above table — can be autogenetically metamorphosed (dedangered) into a viable system of constructive contingent contextual conditioning with reduced violence and more safety.

Safetifying before violence (Chapter 4) is a psychological dedangering viable system. It starts and builds tension at cutting point 1 (danger awareness) when awareness and evaluating engage endangerment (coming from outside the system). At fluctuation (cutting point 2), type 2 change occurs if setting up is counter-used by victim, or if averting or turning is exercised, leading to escape, metamorphosed safety and stability. Safetifying before violence has

effectively run its course. If only minimal safety is achieved, the system cycles again along path type 1 change. If safetifying was not successful, the system disorganises into an attack. The systems viability lies in its ability to cycle until metamorphosis or disorganisation, and its repeatability whenever activated by endangerment. This system works on an individual or group basis, whereas Endangering, as discussed above, operates on a macro-social level albeit tensioned by safetifiers to bring about change.

Safetifying during violence (Chapter 4) is a physically extricative viable system. Starting with an attack—the disorganisation of the before violence cycle (outside the system)—it increases in tension in tolerating, enduring, and consciousness, fluctuating at crisis point with the following possible outcomes: **a.** continuation with type 1 change as when an attack continues with minor adjustments or when the victim remains in an abusive relationship only to go through the whole cycle again; **b.** disorganisation or death, when the victim is wounded or killed; or, **c.** when modulating, gauging, resisting, tacticking (tactical manoeuvring) worked and the attacker was stopped or the victim received help. In the latter case, the system then continues into type 2 change of complexification (safety and autopoiesic integration of successful techniques into self-referenced autogenesis) allowing for more effective functioning for iterations or repetition of the cycle. Therefore, safetifying during violence by spontaneous extricative functioning operates efficiently as a replicable yet usually short-lived viable system. It emerges, then also, that Viable System Theory may modify certain aspects of Safetifying for functional clarity (such as cross-process technique grouping as exemplified above), producing a possibly more economic structure if not wholly experientially emergent, authentic, or convincing.

Safetifying after violence (Chapter 4) is a psychologically self-transforming viable system, with supporting, treatment, reporting, securitising, enforcing, dialoguing, getting involved, lobbying, and training impinging entropically on the system increasing disruption and tension, until triggering fluctuations occurs at which the system process trifurcates into one of the following paths: **a.** continuation with minimal progress/change; **b.** disorientation, disorganisation, stagnation, or regression; or, **c.** metamorphosis complexification (improvements) in any combination of the dimensions (steps) of Safetifying

Phase 3. Iteration of this cycle is essentially endless as progress in self-transformation is autogenetically ongoing.

Safetifying is, therefore, a viable Phasic Protective Sequencing system avoiding or dealing with attacks and building up the individual to interact with the viable system of endangering—which we might then call Dedangering—to overcome violence on both a micro and macro level.

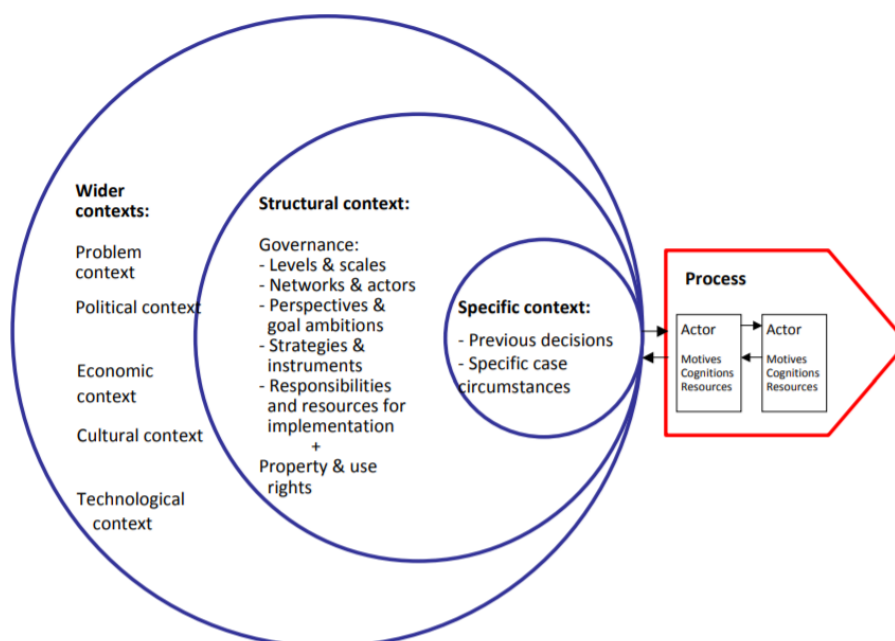
Viable System Theory, accordingly, structures Safetifying to cyclicalise its processes and circularise its phases back into Endangering (Dedangering).

Safetifying, on the other hand, may contribute to Viable System Theory in the following ontological manner as emerged above, careful as far as possible not to personalise or socialise:

- “Tensions” in the Tropic Drift stage might be better termed “disruption and tension”. “anticipation and evaluation” could also be added under Tropic Drift as this would apply to a greater or lesser extent to environmental biologicals of any level.
- “Stability” might be more accurately termed “Incremental Stability” or even “Safety and Stability”, as not only is the intrinsic goal of any viable system stability, but self-preservation, -integrity, and -protection.
- Schwarz (2001, par. 2.2) already calls Tropic Drift “a phase of actualisation”, but I would term it, as above, “actualisation and non-directedness”, as “Entropic Drift” signifies alternating actualisation with slackening or dissipation indicative of a certain amount of “complacent” coasting or non-direction.
- “contextual conditioning” or “positive contextual conditioning” could be added to Metamorphosis as a descriptive subsumed process.
- “solutioning” or “optimalising” could be interposed at the trifurcation juncture of fluctuations in the model, indicating the systems inherent mechanism (viability) tending to type 2 change (metamorphosis).

Contextual Interaction Theory.

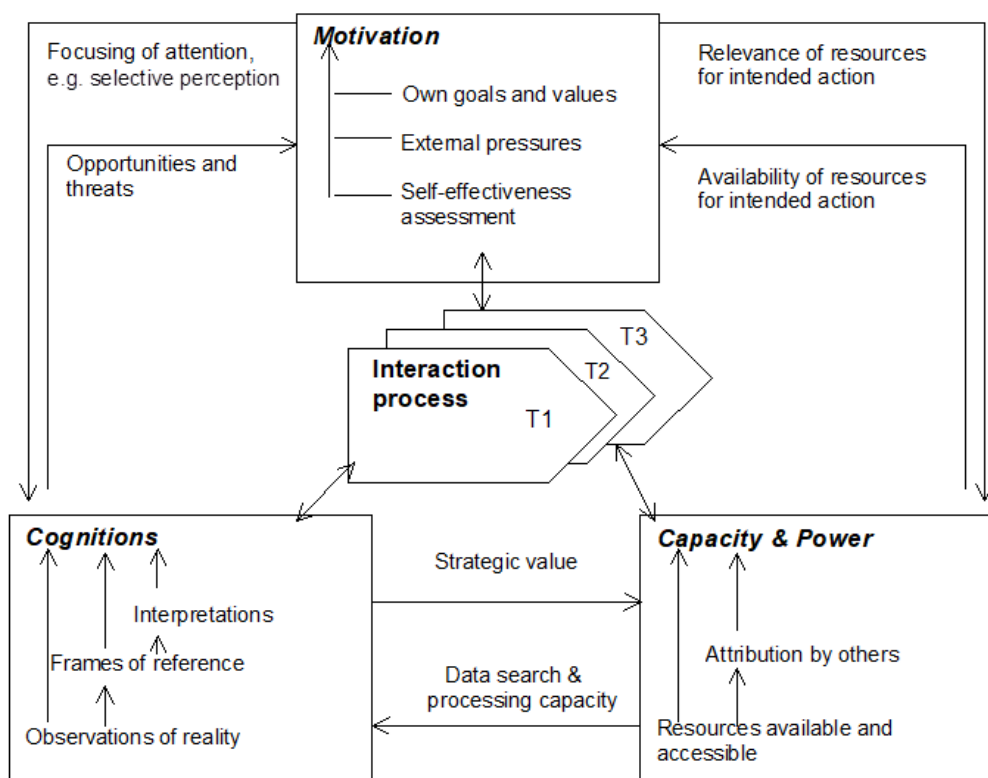
Figure 37—Actor characteristic contextual factor layers



Above diagram from De Boer & Bressers (2011, p. 15).

Refer to the above figure. Contextual Interaction Theory states that a dynamic interaction process influenced by itself and other external factors takes place between actors' characteristics of motivation, cognition, capacity, and power (cf. Bressers, 2007)—see figure on next page. This process may be used, among others, to understand, plan, correct, and implement policy or project.

Although there would be no doubt room for convergence, elucidation, and elaboration between Contextual Interaction Theory and Safetifying, such comparisons will be reserved for Endangering only, on account of the essentially individual nature of the Safetifying experience, the macro socio-political nature of Endangering, and the governmental policy orientation of Contextual Interaction Theory.

Figure 38—Actor-characteristic dynamism of Contextual Interaction Theory

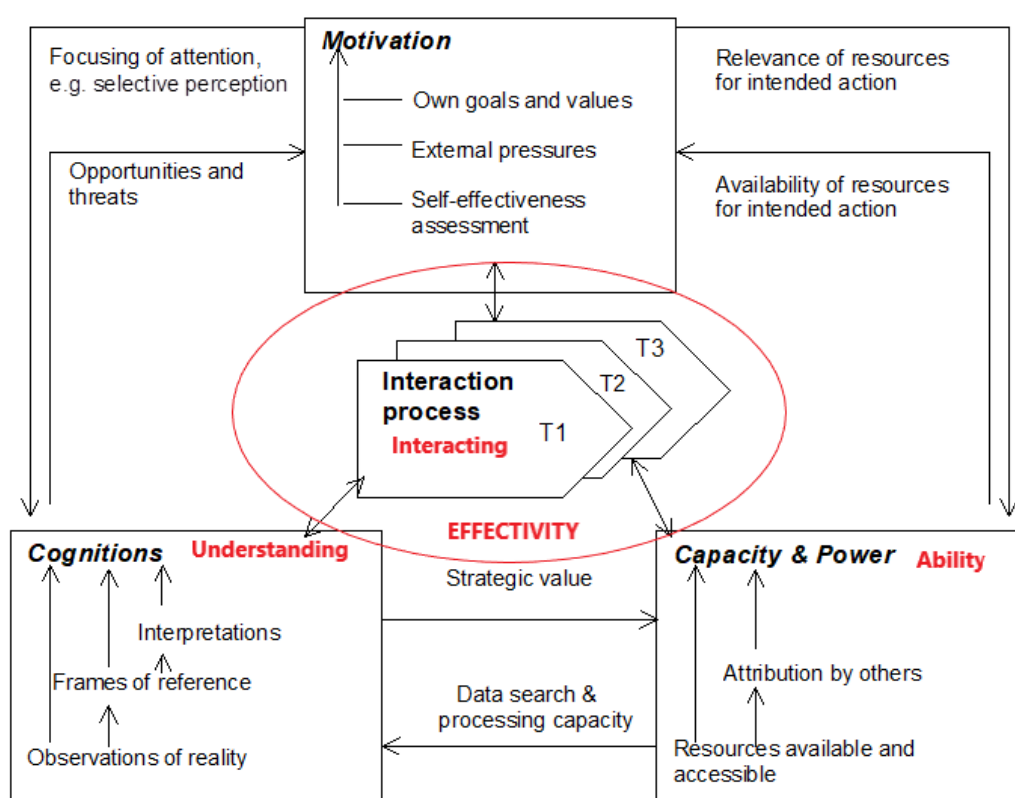
Above diagram from Bressers (2009, p. 10).

How can Contextual Interaction Theory assist in understanding, planning, correcting, and implementing endangerment reduction policy whilst undergoing assessed improvement of its own model?

- **Actors:** The actors are the primary elements in the process. For them to interact effectively, they need to have human-resource confirmed characteristics of motivation, understanding, and ability. Such confirmation may be carried out by re-interview, assessment, layered voice analysis, qualification and track record verification, etc. If they do not, they should be replaced by people who do. (See my red additions/edits to the figure below.)
- Understanding implies the correct mentality, education, and experience for the job. When this is procured, it does away with the need for preoccupation with reference frames, observations, cognitions, and interpretations, because the correct individual automatically takes care of these elements of understanding.

- Ability implies physical, psychological, and emotional wherewithal to do the job. This is likewise assessed and procured through proper human resource processes. Once this is done, there is again no need for worry over third party attributions or resource availability. In fact the latter is a *sine qua non*, and if not available, the system (Contextual Interaction Theory) does not provide it, the able actor arranges and ensures it. Resources are thus extraneous to the system and should not be included there.

Figure 39—Safetifying's partial version of Contextual Interaction Theory



Above diagram from Bressers (2009, p. 10). (Red additions mine.)

- Interaction process: This should be renamed “Interacting” to signify the effortful activity involved therein, and it should be surrounded by the quality of EFFECTIVITY for which interpersonal relation training should be assessed and provided where necessary. Two or more actors interacting do so primarily through their understanding and interactively implement their output primarily through their ability. This process is undergirded by mutually interactive motivation, but motivation should not be accorded

mediative status but only moderating functionality, and thus the model should be inverted with motivation under understanding and ability.

- Job descriptions: Practical interactionally functional written job descriptions with work/task objectives should be issued and in-trained by signed agreement and updated on a regular basis.
- Performance reward: Reasonable performance mini-bonuses should be provided upon assessment of successful achievement of work objectives.
- Staffing optimality: Redundant, unqualified staff should be let go. Only a minimum level of staff should be utilised to optimally function and achieve work/task goals.

Having all but remodelled and redefined Contextual Interaction Theory, it would now only be a matter of logically analysing Endangering to see how the former might be used to reduce the latter, i.e. induce macro Dedangering. To this end, only a few salient observations will be deduced:

- The above, what might be referred to within Contextual Interaction Theory as “Actor Policy” needs to be systematically implemented throughout the entire public sector. It might otherwise be referred to as Total Public Sector Staff Assessment (TOPSSA). It goes without saying that this must be carried out by capable people, not farmed out on some acquaintance tender basis to a group of incompetent people which so often occurs in the public sector. Perhaps an independent non-government commission should be appointed to look into and appoint competent people to run TOPSSA.
- Once this is done, the optimality and effectivity of Contextual Interaction Theoretical application and analysis is fundamentally raised to a higher plane. In fact, as TOPSSA may increase (spreads across all governmental sectors), the utility (necessity of) Contextual Interaction Theory would decrease.
- For now, in Endangering/Dedangering, Contextual Interaction Theory would then dictate that elite politicians will also be subject to assessment and selection on merit, similar to all other actors/staff cited above. Those who practice inferiority projection are dismissed.
- Legislation is revamped to optimise, integrate, deracialise, and practicable.

- Enforcement is cleansed of organised crime, restructured and optimally staffed, trained, and deployed.
- Town planning is resuscitated in the people's interests and large-scale renewal projects implemented.
- Poverty: Population control for adequate public management is introduced in which ways are encouraged to limit the birth rate. Social child support must be by credit for food and clothing only.
- Cultural norms/Patriarchising: Effective, enforceable penalties to be introduced for any crime involving physical violence.
- Alcohol use is controlled by card which tracks and limits purchases. Abuse or infringement penalty 5 years imprisonment.
- This policy and these measures will dedanger society and safetify the people.

Each of the principles listed above would, of course, need a proper Contextual Interaction Theoretical analysis, policy, and implementation of its own, and more iteration of this within those as one drives down from macro to micro level.

Other Theories. Safetifying Metatheory could make significant contributions to numerous other theories which may in turn also elucidate and elaborate the metatheory, but further detailed treatment of such is beyond the scope of this dissertation. A brief indication of some of this potential or common area is now presented:

- *Antisocial Behaviour Theory:* Repetitive violations of good cultural norms amply exemplified in present metatheory leading to increased violence.
- *Bimodal Theory:* Endangering may challenge Bimodal Theory by exposure of the elite's wrongdoings.
- *Change Theory:* Safetifying's violence reduction may be mapped back to aspects of the elite and people.
- *Collective Efficacy Theory:* Community pressure of safetifying may contribute to efficacy.
- *Conflict Transformation Theory:* May be added to by delineating the macro-social interactions stimulating conflict and the transformative

safetifying actions that can be taken to address these issues, e.g. lobbying to change legislation, etc.

- *Criminology Theory*: Endangering conjunctural causation and theory in general may contribute to understanding.
- *Critical Race Theory*: Interactives of political racialism's effect on endangerment may be contributory.
- *Cultural Betrayal Trauma Theory*: Intra-ethnic trauma can be reduced by proper application of safetifying principles of dedangering, helping, supporting, and training.
- *Cultural Spillover Theory*: Endangering posits elite's use of politics, etc. raises violence output, corroborating Cultural Spillover Theory.
- *Destabilisation Theory*: Safetifying counters socio-political destabilisation.
- *Identity Theory*: Inciters, attackers and safetifier's identities are identifiable and transmutable through the process of safetifying (dedangering).
- *Importation Theory*: Vetting and citizen mobility control of returning fighters may interactively reduce violence.
- *Integrated Theory*: Safetifying as a metatheory is an Integrated Theory; the several integrations with other theories performed above are also the beginnings of Integrated Theories.
- *Interaction Ritual Chains Theory*: The concatenation of various causal aspects within Endangering may contribute to ritual interaction.
- *Macro-Level Strain Theory*: The evolution of hate based on implied social stratification, and similar such in Endangering, could make an elucidative contribution.
- *Mimetic Theory*: Desire of the elite leads to scapegoating sectors of the people.
- *Planned Behaviour Theory*: The elite's input to endangering and the parties to safetifying phases 1 through 3 are all analysable and possibly contributory.
- *Political Theory*: Mechanisms of the elite in endangering, including politics and inferiority projection.
- *Reasoned Action Theory*: Managing freezes and devaluing awareness in safetifying may reveal contributory principles.

- *Relational-Cultural Theory*: The overarching feminist emphasis in the Safetifying Metatheory could identify pertinent supplementary principles.
- *Routine Activity Theory*: Dedangering's averting, setting up, etc. may provide contextual clarifications.
- *Securitisation Theory*: Role of elite in security policy.
- *Self-Determination Theory*: Phase 3 natural inclination/tendency to self-transformation.
- *Significance Quest Theory*: Endangering elucidates the people's need for significance as being promoted by the political elite leading to violence.
- *Situational Action Theory*: Risk factors under endangerment elucidate why crime is committed.
- *Social Capital Theory*: Break down aspects (tools) of the elite.
- *Social Cognitive Theory*: Roles of alcohol, patriarchising, etc., learned helplessness, and other factors.
- *Social Disorganisation Theory*: Endangerment elements and absents.
- *Social Feeling Theory*: Development of hate, etc. in Endangering.
- *Social Structure Theory*: The people's sub-condition violence causal factors.
- *Structuration Theory*: Role of actors in violence causation.
- *Structural Violence Theory*: Potential for construct refinement by Endangering.
- *Terror Management Theory*: The elite's cultural milieu affecting people-produced interpersonal violence.
- *Terrorism Theory*: Elite's origination and support of people-executed terror and the amplified reciprocal loop of endangerment causation.

New Theories. The application of classic grounded theory to a wide range of recent and relevant literature in this study resulted in the generation of two new comprehensive and detailed theories on interpersonal violence—Endangering and Safetifying—heretofore unknown.

Theory of Endangering with Violence. Endangering with interpersonal violence through contingent contextual conditioning emerged from the literature as the socio-structural process (Glaser, 1998) of the amplifying reciprocal conjunctural causation of the interaction of the elite with the people resulting in endangerment—danger—the main concern of people who

experience interpersonal violence. As such, this is a new metatheory and a unique contribution to knowledge.

Theory of Safetifying from Violence. Safetifying from interpersonal violence through Phasic Protective Sequencing is a socio-psychophysical (cf. Bender, 1952) process of sequential selection of protective techniques, tactics, and steps from the before, during, and after phases of an attack in order to effectively safetify (make safe) the individual.

Before an attack, safetifying is a socio-psychological process (Glaser, 1998) which takes place through critical assessive dedangering using awarenensing, setting up, and evaluating in rapid momentary decisioning to avoid/escape violence.

During an attack, safetifying is a psycho-physical process (cf. Glaser, 1998) taking place through spontaneous extricative functioning using awarenensing, resiliencing, finishing, futuring, and victoring in tactical manoeuvrings to stop the attacker or escape.

After/after avoiding an attack, safetifying is a psycho-social process (cf. Glaser, 1998) taking place through abiding self-transformative progressing using awarenensing, resiliencing, finishing, futuring, and victoring in stepped passages to safetify the survivor emotionally, psychologically, physically, and socially.

As such Safetifying is a totally unique theory and is viewed as a major contribution to existing understanding and knowledge.

Safetifying Ability Development. The world is full of violence. Every person needs to know how to safetify herself. Safetifying Metatheory provides an explanation of how that is done. People may benefit from reading the metatheory. The metatheory is capable of being transformed into training courses and therapies as has been suggested above. If this is done on a sufficiently wide scale with the use of various digital and other technologies, many people may learn how to more effectively safetify themselves from interpersonal violence. This then could represent a substantial contribution to safetifying ability development.

Victim Support Practice. Overstating the importance or potential significant of any new theory must always be eschewed. However, Safetifying Metatheory is emergently based on the most up-to-date relevant data in the field of interpersonal violence. Also, its promise for therapeutic value has been readily delineated. Hence, it is believed that both layperson and professional may derive benefit by using the theory. Victims of interpersonal violence may find corroboration, encouragement, suggestions, comfort, and solace from its reading. Professionals may find insight and guidance from its consideration and application. If testing and therapeutic instruments are developed from the theory, many more victims may find support and help. Overall, then, Safetifying Metatheory might be widely applicable and used.

Classic Grounded Theory Methodology. This study was carried out using classic grounded theory, tirelessly attempting to implement the following classic grounded theory principles and approach throughout:

Analysing. Data was analysed, coded, compared and conceptualised.

Assessment. Data was analysed substantively by reading insightfully (Glaser & Holton, 2004), fracturing the data, coding openly (Holton, 2007b), coding *in vivo*, explicitly, and systematically (Glaser & Holton, 2004), and getting off the empirical level (Holton, 2007b).

Reflection. Data and codes were reflected upon by constantly comparing (Glaser & Strauss, 1967), being sceptical, accepting nothing until something happened (Glaser & Holton, 2004), conceptualising (Glaser, 2002a), not fracturing conceptually (Glaser, 1992), analysing conceptually (Glaser & Holton, 2004), conceptualising latent patterns, abstracting researchers' perspectives (Glaser, 2002b), fitting concepts to indicators, and interchanging indicators (Glaser & Holton, 2004).

Breakthrough. Analytical boundaries were broken by comparing concepts to concepts, thinking abstractly—making “abstract connections” (Glaser & Holton, 2004), interrelating concepts as hypotheses (Glaser, 2002a), comparing concept levels, comparing indicators with indicators, verifying concepts, comparing concepts to indicators, comparing next indicators to concepts, identifying core variables, and recognising elements implying formal theory (Glaser & Holton, 2004).

Organising. Categories were saturated, memoed, and sorted theoretically.

Output initiation. Output was initiated by focusing on one category, stopping open coding, coding theoretically and selectively—gaining “new perspective”, and saturating theoretically (Glaser & Holton, 2004).

Output creation. Output was created by allowing concepts to emerge (Glaser, 1992), verifying, fitting, and integrating relevant categories (Glaser & Holton, 2004), forcing focus and selectivity, connecting categories conceptually—memoing theoretically (“core stage” of classic grounded theory), forcing to write memos, memoing connectively, comparative memo reasoning, paralleling data analysis, pointing out “new related directions”, not concluding prematurely, and maintaining “analytic distance”—memoing memos (Glaser & Holton, 2004).

Output arrangement. Output was arranged by starting to sort anywhere and anytime, reconstructing “fractured data”, reasoning comparatively (expanding the analysis), discriminating theoretically, establishing patterns by sorting memos and codes theoretically, ordering memos theoretically, locating memos (“reasoning out the integration”), formulating theory, heightening conceptual level, writing theoretical notes about the data, writing about “conceptual connections between categories”, and generating more memos (Glaser & Holton, 2004).

Producing. Categories were hierarchied, sorted to outline, and combined into hypotheses.

Output re-creation. Output was re-created by capturing emerging category ideation, establishing uniformity and variation (Glaser & Holton, 2004), conceptualising the core category (Glaser, 2002b), allowing core category “properties and related categories” to emerge, sampling theoretically, coding and analysing selectively, generating categories and category properties, integrating elaborative property details, and interrelating the categories (Glaser & Holton, 2004).

Output processing. Output was processed by generating “concepts and hypotheses”, generating “a theoretical outline”, moving “between outline and ideas”, sorting and integrating memos into the outline, sorting in relation to the

core variable, generating more concepts, generating new concept “theoretical properties”, and establishing integration of concepts into hypotheses (Glaser & Holton, 2004).

Output refinement. Output was honed by developing concept properties (densifying concepts), elaborating the core variable theoretically, identifying and closing gaps in the emerging theory, saturating ideas, concepts, and properties, interchanging indicators (Glaser & Holton, 2004), recognising the counter-intuitive—novel (Clancy & Vince, 2018), earning theoretical concept relevance (Glaser, 2002a), perceiving original phenomena connections (Clancy & Vince, 2018), generating more hypotheses, and integrating hypotheses into the theory (Glaser & Holton, 2004).

Communicating. Theory was condensed, written up, and literacised.

Output structuring. Output was structured through the emergence of “a theory that fits”, “integrating the theory around a core variable”, establishing the writing and integration, articulating the conceptually emerging theory, “condensing the theory”, explaining data events conceptually, furthering the theory, maintaining “conceptual level”, solidifying the theory, removing irrelevant properties, modifying less, achieving “theoretical completeness”, delineating a substantive and conceptual theory, ensuring general practical implications (timelessness), and generating a practical, relevant, working, and modifiable theory (Glaser & Holton, 2004).

Output presentation. Output was presented by “clarifying the logic”, reviewing memos, writing up the emerged theory (Glaser & Holton, 2004), creating a compelling explanation (Clancy & Vince, 2018), generating the substantive theory informing and guiding theory “explanatory power” (Clancy & Vince, 2018), and suggesting formal theory.

Output application. Output is applied by transferring the theory to other substantive areas and fitting the theory to other areas producing the same category where applicable, memoing further relevant literature, sorting literature memos with the other memos, integrating the additional literature (Glaser & Holton, 2004), and writing up the literacised theory.

The lengthy method explication (cf. Glaser & Strauss, 1967) given in Chapter 3 is not common and as such may be seen as an original contribution to the effectivity of classic grounded theory application. Certain shortcomings were experienced in the classic grounded theory approach which led to the perception of finer mechanisms for the analysis, conceptualisation, and integration of data into theory which form the pillars of what has developed from the process, namely, a model of stratad methodology which I call “Stratad Theory”.

Stratad Theory. The following are brief comments on each of the methodological steps in Stratad Theory. They are not necessarily definitions or detailed descriptions of procedure but merely indicators of meaning. To reiterate, in the present study I implemented classic grounded theory as stated, but did so in a more careful and stringent manner than apparently usually done. This more thorough application I am referring to as Stratad Theory.

1. Realistic Naming. Data bits are named (e.g. *resisting entreaties*) with actual/realistic terms, preferably gerunds and not using exact (plagiarised) form and order of words. Every name is source referenced, be it literature item or note or name number. This is the first stratum. (This subsumes the open coding of classic grounded theory, but is stricter and more accurate and confirmable.)

2. Concatenated Arrangement. As naming proceeds, names are sorted into alphabetical groups to identify patterns and trends. This takes place throughout the process to maintain control and order. (This subsumes the sorting, comparison, and ordering of classic grounded theory, but is more systematic.)

3. Higher Naming. Grouped names are given higher (group) names which name the group by their most distinctive quality. Accuracy is important, and it may be perceived how realistic and higher naming fundamentally ensure accurate representation of data ideas. This is the second stratum. Additional strata may be added with even higher naming if the grouping warrants it. (This subsumes the conceptualisation and interrelation of classic grounded theory, but is more differentiatingly accurate.)

4. Structuralisation. Higher named data bits are placed in a structure on appropriate strata (levels) in theoretical arrangement as dictated by the

underlying data bits, not analyst's ingenuity. (This subsumes the delineation, integration, and outlining of classic grounded theory, but is more structured and truer to variable associations.)

5. *Functional Naming.* The relationships indicated by the data and represented in the structure are given appropriate theoretical names. (This subsumes the theoretical coding of classic grounded theory, but is more intrinsically generative, descriptive, and functionally integritous.)

6. *Similarity Sourcing.* Higher named groups are populated by seeking similar data bits to confirm the veracity of the group name and its functionality within the theoretical structure. (This subsumes the interchange and theoretical sampling of classic grounded theory, but is more thorough and keyword- and electronic-search based.)

7. *Narrativel Delineation.* The theory is written out from the concatenatedly arranged higher names with reference to the structure, functional naming, realistic names, and data. (This subsumes the elaboration, hypothesising, and literacising of classic grounded theory, but is more substantive, illustrative, and close to the data.)

It will immediately be noticed by anyone who is familiar with classic grounded theory, or even grounded theory, that the above procedure yields a more accurate, grounded, and hence integral theory than straight classic or regular grounded theory. There might of course come great preconceived objection to ideas like accuracy, alphabetical, concatenation, naming, realistic, structuring, and verification from the faithful adherents to classic grounded theory. Be that as it may, Stratad Theory is seen as a more authentic form of theory generation. Paradoxically, however, this does not negate the fact that the present study not only closely implemented classic grounded theory, but a better and more stringent application of its principles.

Study Aims Achievement

The aim of this study was to discover the main concern of victims of interpersonal violence and how they most effectively resolve it. This was achieved.

The main concern of victims of interpersonal violence emerged through the process of endangering and was discovered as *endangerment* or as, simply, *danger*. *Danger* is the main concern of people who experience interpersonal violence. How the victims of interpersonal violence most effectively resolve their main concern of danger emerged as the process of *safetifying*—making safe. They safetify before violence by critical assessive dedangering, during violence by spontaneous extricative functioning, and after violence by abiding self-transformative progressing. Put together, people safetify from interpersonal violence by Phasic Protective Sequencing.

The objectives of this study and their achievement are as follows:

- Explain the derivation of the main concern of victims of interpersonal violence and how they resolve it. This was thoroughly explained in the metatheories *Endangering* and *Safetifying*.
- Understand the intensity, meaning, causal, and mitigating factors, impact, support, prevention, and reduction of interpersonal violence, and how they interact with each other. These factors were understood, and they and their interaction were explicated in some detail in Chapter 4.
- Develop a relevant, modifiable theory that fits and works (Glaser, 2007c) in the substantive area of interpersonal violence. As the theory emerged from the recent as well as salient data in the field of interpersonal violence, it is believed that it meets all of these requirements.

Study Findings Evaluation

The findings of this study were presented in Chapter 4. They were generated from a careful analysis of the data literature and synthesis of the primary emergent concepts and categories. Over 200 recent or relevant quality data literature items were accessed, many multiple times, in order to structure and weave together a coherent, informative metatheory. As such, the study findings are believed to be of an accurate and high quality worthy of serious consideration.

Trustworthiness of findings. Guba (1981) delineates four elements as being contributory towards an indication of the trustworthiness of a qualitative

study: credibility, confirmability, dependability, and transferability. From the following it may be assessed that the present study's trustworthiness is both intrinsic and broad.

Credibility. Credibility in qualitative data analysis is equivalent to internal validity in quantitative research (Shenton, 2004). Does a study accurately measure or explicate what it intends to? The credibility of a classic grounded theory can be conveyed by the presentation of typical illustrations of how theory was obtained from the data, which includes showing how the coding process analysed the data and led to theory, how memos kept track of constant data comparisons, and how the categories and properties clearly emerged and interrelate (Glaser, 1965). Credibility can be particularly apparent in the careful comparison of studies to produce concepts that validly fit the data (Glaser, 2005b). These procedures were meticulously followed in the generation of Safetifying Metatheory as shown in Chapters 3 and 4 above. Thus, the findings of the present study are seen as possessing a high degree of credibility.

Confirmability. Confirmability in qualitative data analysis is equivalent to objectivity in quantitative research (Shenton, 2004). The method of sampling, data collection, and analysis was reflexively described and exemplified in detail (Gentles et al., 2014) in Chapters 3 and 4 above, so that readers may accurately assess the why, what, when, where, and how of each methodological decision taken, showing that the findings were objectively grounded in the data (Shenton, 2004), allowing for appropriate confirmability estimations.

Dependability. Dependability (repeatability) in qualitative data analysis is equivalent to reliability in quantitative research (Shenton, 2004). As such, reliability is the consistency with which something measures what it is supposed to measure (cf. Hays et al., 1993). Then, repeatability in qualitative data analysis can be seen as how well a study could be repeated to yield the same descriptive result, and in classic grounded theory to yield the same theory. The key methodological decisions in the present classic grounded metatheory study were adequately quantified and explained, making the results more intrinsically dependable by increasing their potential reproducibility. By quantification is meant logging of code occurrences, and by explanation is meant the laying out of how quantified code repetitions influenced category identification and

saturation (cf. Glaser, 1965). Such specifications were achieved in the present study, and the findings' dependability may accordingly be determined.

Transferability. Transferability in qualitative data analysis is equivalent to generalisability/external validity in quantitative research (Shenton, 2004). In classic grounded theory, the transferability of a theory would refer to the ability of the theoretical concepts to be generalised or transferred from one instance to another (Glaser, 2007c); that is, demonstrating a theory's abstraction from place, time, and people (Glaser, 2002a). In other words, transferability of a theory to other substantive areas may be determined by the interchangeability of indicators (Holton, 2008). Indicator interchangeability was ensured in the present study allowing for as much transferability as an emergent classic grounded theory will essentially allow, bearing in mind that modifiability (to be discussed below) is the ultimate mechanism for implementing classic grounded theory transferability. Thus, the Safetifying Metatheory would appear to be well transferable, particularly in light of the other substantive area fits and potential for formal theory indicated below.

For clarification purposes, interchangeability of indicators refers to the occurrence of a multiplicity of instances/incidents (indicators) in the data which fit or indicate a specific concept; when this happens repeatedly (perhaps at least 3 to 5 times), the concept or property is said to have become saturated, rendering further accumulation of such indicators redundant (cf. Glaser & Strauss, 1967; Glaser & Holton, 2004). It will be understood that if a theory possesses a great degree of indicator interchangeability, it would, as a result, be capable of transference to other instances in the substantive field, as well as possibly to other substantive areas.

Classic grounded theory quality elements. The measure of the quality of a classic grounded theory is assessed by its fit, relevance, workability, and modifiability in relation to a substantive area which shows the main concern of those experiencing the phenomenon and how they resolve it (Holton, 2006).

Fit. A classic grounded theory must fit the research context. A classic grounded theory and its categories must have readily emerged from the data, not forced onto the data or the data forced into it (Glaser & Strauss, 1967). A

classic grounded theory must *fit* the data. Safetifying Metatheory complies with these requirements.

Relevance. The relevancy of a classic grounded theory is determined by its having dealt authentically with participant main concern; if it has done so, it should grab the reader's attention (Thulesius & Grahm, 2007). A classic grounded theory must have instant, conceptual, enduring, and unstoppable, sensitising grab (Glaser, 2002a). A classic grounded theory must be *relevant*. Safetifying Metatheory has its own conceptual grab/relevance in terms such as *endangering*, *safetifying*, *dedangering*, *awarenessing*, *invasiving*, *tacticking*, *futuring*, and *victoring*, to name only several. There are many other relevant and grabbing concepts within the theory.

Workability. A classic grounded theory and its categories must meaningfully explain the phenomenon or behaviour under study (Glaser & Strauss, 1967). A classic grounded theory must *work*. Safetifying Metatheory practically and engagingly explains the experiences of danger generation and safetifying before, during, and after interpersonal violence, to the extent that it is confirmatory, predictive, and educative. It is, thus, very workable.

Modifiability. A classic grounded theory should have enough conceptually clear categories and properties so that when new related data is compared with it, the categories and properties can be adjusted, amended, elaborated, or elided (cf. Thulesius & Grahm, 2007). This modifiability increases classic grounded theory explanatory power (Glaser, 2007c) and gives a classic grounded theory longevity in which it can show its credibility and practical knowledge contribution long after the substantive data has dated (Holton, 2006). A classic grounded theory must be *modifiable*. Safetifying Metatheory has clear and distinctive categories and properties in the form of precipitants, phases, and processes, including tools, sub-conditions, consequences, techniques, tactics, passages, and steps, all of which are amenable to elaboration or modification.

Limitations and Strengths

This study is possibly partially limited by the relative arbitrary nature of the theoretical ordering of some of its dimensions, as classic grounded theory only requires "plausible orders among variables to suggest a theory" (Glaser &

Strauss, 1967, p. 209). Although this latitude has been consciously guarded against throughout, the inevitable linking of some variables/factors to others might be more out of deductive relevance than inductive association. For example, in *Safetifying after violence* the placing of the dimension (step) *supporting* under *perspectivising* may be more a matter of conceptual similarity than experiential association. In other words, the data may not have revealed any direct association between the two concepts, but the grouped processes of *perceiving*, *disentangling*, *perspectivising*, and *understanding* under *awarenessing after violence* made *perspectivising* a logical point to place *supporting* as an underlying practical process. The same would apply to other social processes like *reporting* and *dialoguing* falling as “sub-processes” under *asserting* and *liberating* respectively. Thus, it might be stated that certain processes which “admit of no temporal sequence” (Glaser & Strauss, 1967, p. 209) were rather slotted in at logical points to ensure relevant and sensical integration, treatment, and elaboration.

It is also possible that type of practical social process—of which there are some 8 in number—as against the preponderance of psychological ones—some 35 in number—in *Safetifying after violence* might rather have been theoretically grouped as a separate socio-structural (Glaser, 1998) theory, although this could be unnecessarily fragmentary. In any event, it would not be excessively difficult to effect that, but for now I do still favour the current integration that has been made of them within *Safetifying after violence*.

This study appears to also be somewhat limited by the surprising relative dearth of actual detailed descriptions of attacks. Often a victim might state something like “he beat me and stole my phone” but there is no detailed description of the whole process from start, through the actual beating—what was done, how it was done—to when the attack stopped. Thus, the researcher is left with less data on the actual process of the attack and more on how the victim felt afterward, etc. Also, often what the victim did during the attack to try avoid, escape, or fight back is not adequately described, leaving the researcher here or there to have to conceptualise sometimes only one or two indicators to complete a coherent picture of the process.

Strength-wise, the following are offered as indicators of the soundness and robustness of the study and emergent metatheory:

- Over 200 quality studies were directly accessed for analysis and conceptualisation into the metatheory, although only 85 were initially identified.
- Over 700 citations for the actual metatheory in Chapter 4 were provided.
- Over 20,000 violence descriptions or participant/observee/study counts were incorporated or analysed for the metatheory as previously shown above. All of these will have had an influence on the theory insights in the metatheory in one way or another either directly or indirectly. Thus, this count may be taken as a general indicator of influence on concepts within the metatheory.
- A stringent classic grounded theory procedure was used to access, analyse and synthesise the data and emergent concepts in the metatheory. The method of analysis and production was exhaustively explained in Chapter 3 as the procedure progressed, allowing for verification by the reader of study integrity. This will have ensured a relatively accurate and well-generated theory.

These factors should make it easier for both laypersons and professionals to confidently rely on the metatheory.

Research Approach Evaluation

A qualitative classic grounded theory approach was used to select, analyse, conceptualise, and synthesise data into a coherent metatheory.

In this process, classic grounded theory was found to lack certain elements to ensure stringent, effective, and balanced theory production or to contain certain practices which obstruct that process, for example:

- A non-plagiaritive *in vivo* coding method is needed especially for literature data.
- Premature memo writing clouds, misdirects, and congests theoretical explication. Theory could be more effectively written up as “one long memo” after final sort to ensure comprehensive understanding and accurate propositional statements.
- Preconceived memo sorting and relevance forcing can create non-existent connections. Memos must be sorted systematically, not only theoretically.

Spreadsheet sorting is the only timely feasible manner of sorting—it preserves analyst engagement with manageable focus on coded lines. Hand sorting is cumbersome, tiresome, inaccurate, and subject to whimsical ordering.

- Write-up must be exhaustively footnoted, not only one footnote per long paragraph stating “From memo 243” for example. The various inputs in that paragraph should be footnoted. Otherwise the written theory appears—or even sounds—thumb-sucked, which it could well be.
- Theoretical ordering: This has been referred to above. To order variables purely theoretically should not be encouraged, and sufficient attention to the data must be given to link variables in their correct order, otherwise, again, one is projecting preconceptions. Two extra columns could be introduced in an analysis spreadsheet either side of each open code indicating the preceding and succeeding associated variables.
- There are other less obvious difficulties with classic grounded theory which do not justify treatment here.

Fortunately, most of the above factors were either known to the researcher from previous classic grounded theory studies or became apparent during this study and were able to be managed accordingly. However, they do represent important issues with classic grounded theory, and it is for this reason that the researcher sees his own application of classic grounded theory in this study as generative of a fresh approach to theory production, namely, Stratad Theory.

Future Research Implications

Practical results and methods for protecting people and reducing violence should be the goal of all interpersonal violence research. The situation is too far gone. Every research effort now must count towards real solutions. Accurate but dynamic and easy-to-use methodologies should be utilised.

Future research areas. Safetifying Metatheory which includes *Endangering* and *Safetifying* has placed a valuable tool among the interpersonal violence literature. It may be used as a framework or foundation on which to build further research in this much needed field of enquiry. Real, workable solutions must be found for reducing danger, combatting violence, and making people safe.

Safetifying theory empirical verification. This study utilised other studies in the literature as data. As such, secondary participant accounts and researcher insights from those studies formed the basis of the analysis. Future research should interview and qualitatively analyse the input from participants of their interpersonal violence experiences to verify and experientially identify and corroborate/disconfirm key constructs (variables/factors) within the Safetifying Metatheory.

Safetifying theory therapeutic testing. Once the above empirical verification and identification has been done, a Safetifying cognitive behavioral therapeutic instrument (e.g. Gillihan, 2018) may be devised and tested with pre and post well-being measures to ascertain effectivity. The main aim of the instrument would be to help survivors in *abiding self-transformative progressing*.

Other areas. Likewise, other instruments such as seminars, training courses, and policy documents could be created, tested, and presented:

- Violence avoidance—how to avoid an attack.
- Violence management—how to stop or escape from an attack.
- Effective living—how to live after violence.
- Lobbying government—how to approach and dialogue for change.
- Real men—training course to detoxify patriarchy and reshape masculinity.
- Alcohol control—policy suggestion document to government, including aspects such as more effective alcohol sales control.
- TOPSSA—Total Public Sector Staff Assessment project creation.

Future research methodology. Concerning future research on Safetifying, an improved and modified form of classic grounded theory, e.g. Stratad Theory, is recommended for qualitative studies. Quantitative analysis will be required to test any instrument, therapy, or training course which may be developed.

Classic grounded theory. A powerful, revolutionary methodology for creating theory is grounded theory, and classic grounded theory is even better, but it has its limitations as has been severally referred to above. Thus, as a stepping stone to a more disciplined, accurate approach, classic grounded

theory has had its place. However, its drawbacks are real and to employ the methodology and simultaneously have to consciously guard against its difficulties is onerous and indicative of its unamenable nature as conceived and practiced by its most ardent proponents. This study has proposed the development of a better way of producing theory from data, and its reference to and insistence on greater accuracy should not be gainsaid by said proponents, as classic grounded theory is replete with concerns of accuracy, yet ignoring them in practice (Glaser, B., & Strauss, A. (1967), and decrying them when assaulting QDA (qualitative data analysis) (Glaser & Holton, 2004). Classic grounded theory, then, can be patently inaccurate, if not compensated for in the manner mentioned previously. Therefore, as long as compensation is made for its drawbacks, classic grounded theory could still be productively used for future research on *Safetifying*, but it would be preferable to simply replace the methodology with Stratad Theory which does the same thing but in a better way.

Stratad theory verification. Stratad Theory is better because it is more meticulous, organised, accurate, methodical, structured, and relevant. This has been proven by the experience of the researcher who has undertaken several classic grounded theory studies culminating in the present one in which the application of classic grounded theory principles was done but was found wanting in certain aspects and was accordingly done in an improved way. This improved approach is now seen as different from classic grounded theory in many respects and therefore may warrant usage as a separate methodology which is being called Stratad Theory. Accordingly, Stratad Theory could be considered for use for any future qualitative verification of the Safetifying Metatheory, provided that itself is verified in some suitable manner.

Dynamic therapy methodology. Concerning qualitative research methods Lutz and Hill (2009, p. 371) state “New methods continue to be developed and refined.” This is true, and Stratad Theory is evidence of this. The researcher would like to compose a Safetifying interactive therapy instrument to try to help survivors overcome depression and stress, and experience self-transformation. What exactly might be the best way to create such an instrument—what methodology to use—is an open question, and not one to which an answer is readily available. It would appear that construct salience identity, interactive ability, and sufficient software skill might be required ingredients to start the

task. Further, quantitative analysis may be necessary for construct validation and related issues.

Quantitative analysis. Therapy instrument creation may require certain quantitative procedures as just mentioned. Validated wellbeing instruments, such as WHO-5 (Taggart & Stewart-Brown, 2019), to measure well-being before and after therapeutic intervention could be used to measure improvements in survivor symptoms. Quantitative analysis and determination of statistical significance would be necessary to determine effectivity of the intervention.

Other Substantive Area Fit. Safetifying fits numerous other safety-related substantive areas to which it may add relevant dimensions for increased understanding and from which it may be modified for its own development or adaptation to that area (cf. Glaser & Holton, 2004).

Patient safety. Safety skills and qualities for clinical staff in healthcare include self-awareness, confidence, situation awareness, vigilance, anticipation, preparedness, team-working, and communication (Vincent, 2011). These are fitted by Safetifying's awarenessing, observing, anticipating, confidenting, preparing, and connecting.

Specifically, safetifying before violence can be positioned as safetifying before complications, with health workers having the following added to their repertoire of conscious skills: averting danger; setting up: awareness for invasiving—intrusion of symptoms or environmental factors, forming—development of same; evaluating: optioning, weighting, and turning—initiating a decision to take further steps or to acknowledge higher level of safety reached.

Safetifying during violence may be likened to fending off or fighting ill health in the patient as in treatments or surgery. Patient should be encouraged to be aware and give feedback to be resilient, expecting to live, deciding for life and resisting, whilst the clinicians/surgeon could add to their protocol gauging, tacticking, stopping, and working collaboratively (receiving help), all in connection with addressing ill-health, disease, or damaged organs.

Safetifying after violence may be likened to simply safetifying for just good normal health of staff and patients as it is promotive of psychological, social, and physical health and safety.

Safety culture. The culture that exists within organisations to ensure the safety of workers and clients is called safety culture and is a sub of organisational culture. There has been much discussion and worry over coming to grips with the safety culture construct (Cooper, 2000). Leadership and conscientiousness have been suggested as sub-dimensions (Neal & Griffin, 2002). High attention levels, unit and departmental trust, effective communication, constant scanning, mindfulness, and alertness are mentioned almost only in passing as difficult processes (Schulman, 2020), instead of turning them into their training content and practical protocol. Was no real qualitative research done in this field in 20 years? Safetifying's awarenensing, observing, anticipating fit those processes, but there is minimal reference to danger in safety culture, and therefore no active concept yet of averting danger which might be good to bandy about throughout an organisation as a start to creating a culture of safety. Then also evaluating with optioning, weighting, and turning, and setting up with preparing, invasiving and forming can be utilised for danger or potentially injurious situations stemming from humans, circumstances, and environmental factors.

If the organisation is threatened or attacked by a gunman or group of criminals or attackers, safetifying before, during and after could be used by all concerned to avoid, escape, or stop the attack.

Other fits. Safetifying Metatheory has the potential in some degree to fit the following other substantive areas:

- around-the-home safety
- border safety
- cyber safety
- economic safety
- outdoor safety
- personal health safety
- safety from socialist encroachment
- school safety
- sport safety
- traffic safety
- weather/climate safety

Formal Theory. Glaser and Strauss (1967) deal extensively with the creation of formal from substantive theory. It has been shown above how Safetifying fits and may fit other substantive areas. As such, it appears that there is good scope for Safetifying to be developed further into a formal theory with broad applicability.

Based on a re-arrangement, coalescence, and reconceptualisation of some of Safetifying's primary dimensions, a formal theory of Safetifying would seem to have the potential to modify and emerge with at least the following dimensions:

- Preparing
 - securitising
 - training
- Resiliencing
 - tolerating
 - modulating
- Awarencing
 - observing
 - anticipating
- Evaluating
 - optioning
 - weighting
- Deciding
 - averting
 - stopping

The reader is invited to imagine absolutely any danger situation and assess if the above dimensions would not be applicable and perhaps useful. If so, then those dimensions might do well in a formal Safetifying theory.

The above dimensions are based on the consideration of what the researcher understands about safety as a general construct. Of course, an actual development of a formal theory would proceed in an inductive manner by theoretically sampling (similarity sourcing) for relevant emergent category (higher name) addition, replacement, or refinement.

Personal Learning

The process of doing this study and writing this dissertation is surely the most concerted event of my life. It has been a wonderful challenge and an absolute pleasure. I have learned and experienced many things, among which are the following most prominent:

- The sincerity, warmth, guidance, and encouragement from my supervisor, Dr. M. A. Gumani has been of inestimable value, personally and academically. She has helped to build my self-esteem and for that I will be forever grateful.
- The extent of interpersonal violence and the impact on and plight of those experiencing it are far more widespread and serious than I previously knew.
- I have realised with more certainty that those in charge who can do something to reduce violence probably will not. This means that the change may have to take place from the bottom up—as explicated in the Safetifying Metatheory.
- Much research is not oriented towards the practical. A reorientation towards the truly practical in research is required to make a difference in society. Otherwise we will just continue losing the battle. Even theoretical research like Safetifying Metatheory must have a truly practical edge, otherwise it is useless and meaningless.
- Recasting the procedures of classic grounded theory as I did in the process of the analysis, synthesis, and writeup into what I have called Stratad Theory, improves every part of the process and provides a more accurate, grounded theory than even classic grounded theory generally provides. This to me is a startling development, but one which I wish to share with others. It may once and for all make the break for some QDAs (qualitative data analysts) from grounded theory which they have with all good intention mercilessly remodelled (Glaser & Holton, 2004) without any real systematic success.
- Endangering has helped me to see and understand the plight also of the people in general—which includes me—who are at the mercy of the corrupt and negligent elite, and I am determined now more than ever to try to bring about change in my community and society at large if I can.

- Safetifying is teaching me to stand up for myself and to resist violence in every form, psychological, physical, social, and structural.

Summary

The Safetifying Metatheory contributes to the interpersonal violence literature by developing and expounding a theory of Endangering and a theory of Safetifying.

Safetifying Metatheory informs several related theories as well as more general ones, such as, viable system and contextual interaction theories, and holds potential for contributions to numerous other theories.

The practical nature of Safetifying Metatheory indicates that it may be particularly useful in helping people to develop safetifying ability, thus making themselves and their loved ones safer. Also, this nature means that victims of interpersonal violence could receive improved support from the healthcare sector if safetifying principles are incorporated into therapies, training courses, and seminars.

The detailed use of Classic Grounded Theory and its written method throughout this study contributes to the use and development of the methodology, so much so that its rather stringent and more accurate application has developed what is now seen as an improved technology, Stratad Theory.

The aim and objectives of this study were fully accomplished. The study had minimal limitations, numerous strengths, and its findings were rated as accurate and of a high quality. Future research was indicated for metatheory empirical verification and therapeutic testing. The metatheory was shown to fit and work in other substantive areas and to have potential for formal theory development.

The researcher has learned a great deal from this experience and hopes that the reader will find Safetifying Metatheory both informative and useful.

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The secret of all good writing is sound judgment

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UNISA



COLLEGE OF HUMAN SCIENCES RESEARCH ETHICS REVIEW COMMITTEE

29 November 2019

Dear Antony Last

NHREC Registration # :

Rec-240816-052

CREC Reference # : 2019-
CHS-PsycREC-03696359**Decision:****Ethics Approval from 29 November
2019 to 01 May 2023****Researcher(s): Antony Last****Supervisors: Dr M.A. Gumani****gumanma@unisa.ac.za**

A classic grounded metatheory of the main concern of people experiencing interpersonal violence and how they resolve it

Qualification Applied: MA Psychology

Thank you for the application for research ethics clearance by the Unisa Department of Psychology College of Human Science Ethics Committee. Ethics approval is granted for three years.

The ***negligible risk application*** was ***reviewed and expedited*** by Department of Psychology College of Human Sciences Research Ethics Committee, on the **29th of November 2019**, in compliance with the Unisa Policy on Research Ethics and the Standard Operating Procedure on Research Ethics Risk Assessment.

The proposed research may now commence with the provisions that:

1. The researcher(s) will ensure that the research project adheres to the values and principles expressed in the UNISA Policy on Research Ethics.



2. Any adverse circumstance arising in the undertaking of the research project that is relevant to the ethicality of the study should be communicated in writing to the Department of Psychology Ethics Review Committee.
3. The researcher(s) will conduct the study according to the methods and procedures set out in the approved application.
4. Any changes that can affect the study-related risks for the research participants, particularly in terms of assurances made with regards to the protection of participants' privacy and the confidentiality of the data, should be reported to the Committee in writing, accompanied by a progress report.
5. The researcher will ensure that the research project adheres to any applicable national legislation, professional codes of conduct, institutional guidelines and scientific standards relevant to the specific field of study. Adherence to the following South African legislation is important, if applicable: Protection of Personal Information Act, no 4 of 2013; Children's act no 38 of 2005 and the National Health Act, no 61 of 2003.
6. Only de-identified research data may be used for secondary research purposes in future on condition that the research objectives are similar to those of the original research. Secondary use of identifiable human research data require additional ethics clearance.
7. No fieldwork activities may continue after the expiry date **(01 May 2023)**. Submission of a completed research ethics progress report will constitute an application for renewal of Ethics Research Committee approval.

Note:

*The reference number **2019-CHS-PsyREC- 03696359** should be clearly indicated on all forms of communication with the intended research participants, as well as with the Committee.*

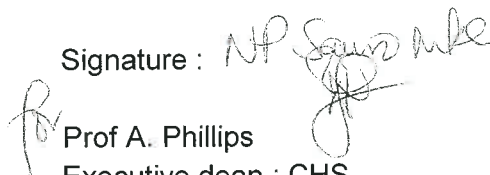
Yours sincerely,

Signature :



Prof I. Ferns
Ethics Chair: Psychology
Email: fernsi@unisa.ac.za
Tel: (012) 429 8210

Signature :



Prof A. Phillips
Executive dean : CHS
E-mail: phillap@unisa.ac.za
Tel: (012) 429 6825



No.	Theory used/propounded/emerged	u/p/e	Main issue (theme) of article	Elements	Abstract	Reference	Re Da Ref. no.
1	violent crime theory	e	violence causation	13	cultural attitudes	Reported violer Lamb, Guy. (2016). WHY IS /	01 SAV08/16
2	violence causation theory	e	violence causation	12	cultural norms	Interpersonal vi 002 Makanga, P. T., Schuur /	01 SAV02/8
3	patriarchal violence theory	e	violence causation	6	cultural: patriarchy	The study is co Matsumunyane, Eliza Matse /	01 SAV09/16
4	violent crime theory	e	violence causation	13	government: firearms	Reported violer Lamb, Guy. (2016). WHY IS /	01 SAV08/16
5	violent crime theory	e	violence causation	13	government: inadequ	Reported violer Lamb, Guy. (2016). WHY IS /	01 SAV08/16
6	hate crime theory	e	violence causation	4	hate: blame	The study repor Pieterse, T., Stratford, V., & /	01 SAV10/16
7	post-colonial violence theory	e	violence causation	7	hate: boer	Post-colonial ar Pretorius, J. (2014). " Dubuk /	01 SAV11/16
8	routine activity theory / criminal	u	violence causation	9	hate: boer: culture of	The point of de Gumbi, M. G. C. (2017). An /	01 SAV06/16
9	routine activity theory / criminal	u	violence causation	9	hate: boer: firearms	The point of de Gumbi, M. G. C. (2017). An /	01 SAV06/16
10	routine activity theory / criminal	u	violence causation	9	hate: boer: land	The point of de Gumbi, M. G. C. (2017). An /	01 SAV06/16
11	routine activity theory / criminal	u	violence causation	9	hate: boer: revenge	The point of de Gumbi, M. G. C. (2017). An /	01 SAV06/16
12	hate crime theory	e	violence causation	4	hate: discrimination	The study repor Pieterse, T., Stratford, V., & /	01 SAV10/16
13	hate crime theory	e	violence causation	4	hate: humiliation	The study repor Pieterse, T., Stratford, V., & /	01 SAV10/16
14	hate crime theory	e	violence causation	4	hate: larger commun	The study repor Pieterse, T., Stratford, V., & /	01 SAV10/16
15	hate crime theory	e	violence causation	4	hate: less than huma	The study repor Pieterse, T., Stratford, V., & /	01 SAV10/16
16	hate crime theory	e	violence causation	4	hate: message by inc	The study repor Pieterse, T., Stratford, V., & /	01 SAV10/16
17	routine activity theory / criminal	u	violence causation	9	hate: money, jewelle	The point of de Gumbi, M. G. C. (2017). An /	01 SAV06/16
18	hate crime theory	e	violence causation	4	hate: overkill	The study repor Pieterse, T., Stratford, V., & /	01 SAV10/16
19	post-colonial violence theory	e	violence causation	7	hate: psycho-politica	Post-colonial ar Pretorius, J. (2014). " Dubuk /	01 SAV11/16
20	hate crime theory	e	violence causation	4	hate: reinforce power	The study repor Pieterse, T., Stratford, V., & /	01 SAV10/16
21	hate crime theory	e	violence causation	4	hate: socially accept	The study repor Pieterse, T., Stratford, V., & /	01 SAV10/16
22	hate crime theory	e	violence causation	4	hate: symbolic violen	The study repor Pieterse, T., Stratford, V., & /	01 SAV10/16
23	inequality violence theory	e	violence causation	5	inequality	This article exa 005 Harris, G., & Vermaak, C /	01 SAV05/8
24	violent crime theory	e	violence causation	13	inequality	Reported violer Lamb, Guy. (2016). WHY IS /	01 SAV08/16
25	violent crime theory	e	violence causation	13	inequality: diminishes	Reported violer Lamb, Guy. (2016). WHY IS /	01 SAV08/16
26	violence causation theory	e	violence causation	12	inequality: poverty	Interpersonal vi 002 Makanga, P. T., Schuur /	01 SAV02/8
27	violent crime theory	e	violence causation	13	inequality: poverty	Reported violer Lamb, Guy. (2016). WHY IS /	01 SAV08/16
28	violent crime theory	e	violence causation	13	inequality: socio-eco	Reported violer Lamb, Guy. (2016). WHY IS /	01 SAV08/16
29	violent crime theory	e	violence causation	13	inequality: unemploy	Reported violer Lamb, Guy. (2016). WHY IS /	01 SAV08/16
30	violent crime theory	e	violence causation	13	inequality: unfavoura	Reported violer Lamb, Guy. (2016). WHY IS /	01 SAV08/16
31	psychopathy violence theory	e	violence causation	8	social: psychopathy:	Murder, rape, c Ellis, T. (2014). Psychopathy /	01 SAV05/16
32	social disorganisation theory	u	violence causation	10	social: disintegration	Using social dis Lamb, G. (2015). Social coh /	01 SAV07/16
33	violence causation theory	e	violence causation	12	social: disintegration	Interpersonal vi 002 Makanga, P. T., Schuur /	01 SAV02/8
34	violence causation theory	e	violence causation	12	social: alcohol	Interpersonal vi 002 Makanga, P. T., Schuur /	01 SAV02/8
35	violent crime theory	e	violence causation	13	social: alcohol	Reported violer Lamb, Guy. (2016). WHY IS /	01 SAV08/16
36	alcohol violence theory - T	e	violence causation	1	social: substance ab	South Africa ha 003 Phetho-Thekisho, N., R /	01 SAV03/8
37	alcohol violence theory - T	e	violence causation	2	social: substance ab	A critical factor 004 Russell, B. S., Eaton, L. /	01 SAV04/8
38	violent crime theory	e	violence causation	13	social: substance ab	Reported violer Lamb, Guy. (2016). WHY IS /	01 SAV08/16
39	thwarted belongingness theory	p	violence causation	11	youth: belongingness	The thesis titlec 001 Erasmus, H. C. (2019). /	01 SAV01/16
40	digital media theory	e	violence causation	3	youth: electronic me	This paper cent Van der Merwe, P. (2013). A /	01 SAV14/16
41	disease risk factor theory	e	violence impact / vic	14		Background: Bt 006 Norman, R., Schneider, /	01 SAV06/8
42	violence distress theory	e	violence impact / vic	15		Background: Aq 007 Manyema, M & Norris, S /	01 SAV07/8
43	adolescent homicide theory	e	violence prevalence	16		Although interp Swart, L. A. (2014). Adolesc /	01 SAV13/16
44	delayed sex theory	e	violence prevention	17		In South Africa, Boafu, I. M., Dagbanu, E. A. /	01 SAV04/16
45	family violence theory	e	violence prevention	18		South Africa ha Ryan, J., Esau, M. V., & Ror /	01 SAV12/16
46	violence prevention theory	e	violence prevention	19		Key findings. T 008 Gould, Chandre & Mufa /	01 SAV08/8
47	violence victimisation theory	e	violence prevention	20		Background: Tf 001 Fry, L. J. (2014). Factor /	01 SAV01/8
48	youth violence theory	e	violence prevention	21		Youth Violence Ward, C., van der Merwe, A. /	01 SAV15/16
49	victimisation handling theory	e	violence therapy	22		This research fr 009 Mpata, M. F. (2011). Pe /	01 SAV02/16
50	violence impact management t	p	violence therapy	23		A study was co 010 Gumani, A. M. (2012). A /	01 SAV03/16
51	xenophobic violence theory	e	violence therapy	24		Disasters are g White, J. A. (2016). Mental H /	01 SAV16/16
52	structuration theory	u	violence causation	40	alcohol consumption	Female sex wo Leddy, A. M., Kerrigan, D., K /	06 VTA26/52
53	alcohol violence theory - T	p	violence causation	2	alcohol: LGBTQ	Intimate partne Shorey, R. C., Stuart, G. L., /	06 VTA40/52
54	altruistic punishment theory	u	violence causation	3	anger - "American, G	This dissertatio Besaw, C. (2018). Altruistic /	04 VT05/38
55	affective predatory violence bir	u	violence causation	1	anger: affective: reac	This section exj Hoffer, T., Hargreaves-Corr /	06 VTA20/52
56	violence psychodynamic theory	p	violence causation	48	anger: aggression - r	https://books.google.com/books?id=... Herron, W. G., & Javier, R. A /	06 VTA19/52
57	failure theory	u	violence causation	9	anger: frustration/dis	The purpose of Aghaei, M., & Molla, N. K. (2 /	06 VTA01/52
58	social feeling theory	u	violence causation	37	anger: social frustrati	What drives sor Gada, M. Y. (2018). Ethnic v /	04 VT16/38
59	antisocial behavior theory	u	violence causation	4	anger: TBI: control	Traumatic brain Veeh, C. A., Renn, T., Vaug /	06 VTA44/52
60	antisocial behavior theory	u	violence causation	4	anger: TBI: emotiona	Traumatic brain Veeh, C. A., Renn, T., Vaug /	06 VTA44/52
61	failure theory	u	violence causation	9	anger/incompetence	The purpose of Aghaei, M., & Molla, N. K. (2 /	06 VTA01/52
62	violence causation theory	e	violence causation	45	childhood domestic v	Compared to th Sammut Scerri, C. (2015). L /	03 VGT05/6
63	violence causation theory	e	violence causation	46	childhood domestic v	Abuse and neq Snyder, B. (2017). Views of /	03 VGT06/6
64	violence causation theory	e	violence causation	44	childhood domestic v	Due to the enac Miller, S. L., & Becker, P. (20 /	02 IV08/9
65	routine activity theory	u	violence causation	28	childhood domestic v	Although sexua Stockdale, M. S., & Nadler, J. /	02 IV+T04/4
66	life history theory / unified crim	u	violence causation	37	environmental factor	Purpose Crimin Kavish, N., & Boutwell, B. (2 /	06 VTA21/52
67	situational action theory	u	violence causation	14	environmental provo	Despite the crim Barton-Crosby, J. L. (2018). /	04 VT03/38
68	social feeling theory	u	violence causation	37	environmental provo	What drives sor Gada, M. Y. (2018). Ethnic v /	04 VT16/38

No.	Theory used/propounded/emerged	u/p/e	Main issue (theme) of article	Elements	Abstract	Reference	Re Da Ref. no.
69	social cognitive theory	u	violence causation	36	environmental: revul	Despite the mu	Kazemi, K., Allahverdipour, / / 04 VT21/38
70	importation theory	u	violence causation	12	environmental: socia	Institutional gar	Fitz, L., Barkhuizen, J., & Pe / 06 VTA13/52
71	altruistic punishment theory	u	violence causation	3	environments - "Ame	This dissertatio	Besaw, C. (2018). Altruistic / 04 VT05/38
72	identity theory	u	violence causation	11	hate: commitment to	Research has s	Bubolz, B. F., & Lee, S. (201 / 04 VT08/38
73	securitization theory	u	violence causation	29	hate: dysfunctional e	This paper critic	Trédaniel, M., & Lee, P. K. (/ 04 VT35/38
74	self-sacrificial violence theory	p	violence causation	31	hate: fusion mechan	Whether upheld	Kiper, J., & Sosis, R. (2018). / 06 VTA24/52
75	affective predatory violence bin	u	violence causation	1	hate: predatory: plan	This section ex	Hoffer, T., Hargreaves-Corr / 06 VTA20/52
76	significance quest theory	u	violence causation	33	hate: sensation seek	Adventure and	Schumpe, B. M., Bélanger, / 04 VT33/38
77	importation theory	u	violence causation	12	hate: social: importat	Institutional gar	Fitz, L., Barkhuizen, J., & Pe / 06 VTA13/52
78	just war theory	u	violence causation	16	hate: social: legitima	The aim of this	Kalkavan, K. C. (2018). Criti / 04 VT20/38
79	neutralization theory	u	violence causation	24	hate: social: neutraliz	Bringing togeth	Colvin, S., & Pisiou, D. (201 / 04 VT10/38
80	macro-level strain theory	u	violence causation	18	morality and strain	Individuals resi	Osborne, T. K. (2019). Macr \ 04 VT28/38
81	terror management theory	u	violence causation /	42	environment - mortal	Terror manager	Vergani, M., O'Brien, K. S., / 06 VTA47/52
82	altruistic punishment theory	u	violence causation	3	neurological - "Ameri	This dissertatio	Besaw, C. (2018). Altruistic / 04 VT05/38
83	antisocial behavior theory	u	violence causation	4	neurological TBI:	Traumatic brain	Veeh, C. A., Renn, T., Vaug / 06 VTA44/52
84	antisocial behavior theory	u	violence causation	4	neurological TBI: ten	Traumatic brain	Veeh, C. A., Renn, T., Vaug / 06 VTA44/52
85	international political theory	u	violence causation	14	social: legitimated po	https://books.g	Lang Jr, A. F. (2018). Viol / 06 VTA25/52
86	phatic violence theory	p	violence causation	25	social: legitimated vic	Terrorism has k	Szpunar, P. M. (2019). Com / 06 VTA41/52
87	political media theory	u	violence causation	26	social: legitimated vic	Günther Anders	Babich, B. (2018). On Günth / 06 VTA03/52
88	mimetic theory	u	violence causation /	21	social: legitimated vic	The author offe	Warrach, Y. (2019). Prison V / 06 VTA48/52
89	semiotic state power theory	p	violence causation	32	social: legitimated vic	We propose a s	Moore, A. C., & Reed, I. A. (/ 06 VTA32/52
90	political theory	u	violence causation	27	social: legitimated vic	The aim of this	Đorić, M. (2018). On Violenc / 04 VT13/38
91	violence causation theory	e	violence causation	47	social: patriarchy: ...	Intimate partne	Mancera, B. M., Mungal, A. / 04 VT26/38
92	monotheistic empiric violence t	p	violence causation /	23	social: patriarchy: Fu	The article deal	Vellguth, K. (2019). RELIGIO / 06 VTA45/52
93	honour violence theory	p	violence causation	10	social: patriarchy: ine	Across many p	Cooney, M. (2019). Executic / 06 VTA10/52
94	honour violence theory	p	violence causation	10	social: patriarchy: mi	Across many p	Cooney, M. (2019). Executic / 06 VTA10/52
95	mimetic theory	u	violence causation	20	social: patriarchy: wo	In Deceit, Desir	Monforton, H. E. (2018). Vio / 06 VTA31/52
96	failure theory	u	violence causation	9	social: shame: failure	The purpose of	Aghaei, M., & Molla, N. K. (2 / 06 VTA01/52
97	self-determination theory	u	violence causation	30	social: shame: guilt: Problematic di	Rodriguez, L. M., DiBello, A. / 06 VTA36/52	
98	social-emotional world theory	p	violence causation	39	social: shame: humili	It is possible th	Scheff, T., Daniel, G. R., & S / 04 VT32/38
99	routine activity theory	u	violence causation	28	social: woman: disso	Although sexua	Stockdale, M. S., & Nadler, / 02 IV+T04/4
100	interpersonal-psychological theory	u	violence causation /	15	social: woman: fearle	Women seeking	Wolford-Clevenger, C., Smi / 06 VTA51/52
101	interpersonal-psychological theory	u	violence causation /	15	social: woman: hope	Women seeking	Wolford-Clevenger, C., Smi / 06 VTA51/52
102	interpersonal-psychological theory	u	violence causation /	15	social: woman: hope	Women seeking	Wolford-Clevenger, C., Smi / 06 VTA51/52
103	male victimisation theory	e	violence causation	19	social: woman: legitir	In this introduct	Lien, M. I., & Lorentzen, J. (/ 04 VT23/38
104	situational action theory	u	violence causation	35	social: woman: legitir	Violence risk ar	Warren, J. I., Leviton, A. C. / 04 VT36/38
105	exterminist violence theory	p	violence causation	8	social: woman: legitir	Emphasis on si	Ribes, A. J. (2019). Theory c / 06 VTA35/52
106	critical race theory	u	violence causation	5	social: women: A stu	Purpose: This	Cannon, C., Ferreira, R. J., & / 06 VTA08/52
107	cultural spillover theory	u	violence causation	6	social: women: legitir	Cultural spillove	Lysova, A., & Straus, M. A. (/ 04 VT24/38
108	integrated theory	u	violence causation	13	structural	Since the public	Barak, G. (2018). Applying li / 06 VTA04/52
109	stuctural violence theory	u	violence causation	41	structural violence	This study deal	Kharisan, B. A. (2018). Struc / 06 VTA22/52
110	terrorism theory	u	violence causation	43	structural violence: v	Rather than mo	Rukgaber, M. (2018). Hegel / 06 VTA37/52
111	integrated theory	u	violence causation	13	structural: institutions	Since the public	Barak, G. (2018). Applying li / 06 VTA04/52
112	cultural spillover theory	u	violence causation	7	youth: acceptance of	The current stu	Xia, Y., Li, S., & Liu, T. H. (2 / 04 VT38/38
113	social structure theory / social l	u	violence causation	38	youth: exposure : fer	The social struc	Connolly, E. J., Said Al-Gha / 06 VTA09/52
114	cultural spillover theory	u	violence causation	7	youth: offending: "11	The current stu	Xia, Y., Li, S., & Liu, T. H. (2 / 04 VT38/38
115	mind theory / cognitive affective	u	violence causation	22	youth: social-cognitiv	Children who a	Heleniak, C., & McLaughlin, / 06 VTA18/52
116	cultural spillover theory	u	violence causation	7	youth: victimization	The current stu	Xia, Y., Li, S., & Liu, T. H. (2 / 04 VT38/38
117	cultural spillover theory	u	violence causation	7	youth: violent peer a	The current stu	Xia, Y., Li, S., & Liu, T. H. (2 / 04 VT38/38
118	anthropological theory	u	violence impact	8	racism/violence effec	This article com	Venkatesan, E. B. S. (2019). / 06 VTA46/52
119	mind impairments theory	u	violence impact from	9		There has beer	Kincaid, D., Shannon, C., Bo / 06 VTA23/52
120	cultural betrayal trauma theory	u	violence impact	10		Violence victimi	Gómez, J. M. (2019). Group / 06 VTA16/52
121	pro-social behaviour theory	e	violence impact	11		In this paper, w	Bogliacino, F., Gómez, C., & / 06 VTA05/52
122	violence exposure theory - T	p	violence impact	12	violence effects	In this review, I	Sharkey, P. (2018). The long / 06 VTA38/52
123	violence public reaction theory	p	violence impact	13		How do people	Simpson, B., Willer, R., & Fe / 04 VT34/38
124	youth violence theory	e	violence impact	14		Objective: This	Barter, C., Stanley, N., Woo / 02 IV01/9
125	routine activity theory / social le	u	violence prevalence	15	took for prevent /	On-campus incl	Hodge, C. R. (2016). Is any / 02 IV+T02/4
126	violence prevention theory	e	violence prevalence	16	took for prevent /	The Latin Amer	Mason, G. E., & Satchell, N. / 02 IV06/9
127	antifoundational democracy the	p	violence prevention	17	violence elimination	In this dissertat	Deane, S. (2019). Liberal De / 06 VTA11/52
128	busy streets theory	p	violence prevention	18		Lack of mainte	Heinze, J. E., Krusky-Morey / 04 VT17/38
129	change theory	p	violence prevention	19		Background: W	Daruwalla, N., Jaswal, S., Fe / 04 VT11/38
130	change theory	u	violence prevention	20		Almost one in f	Eisenbruch, M. (2018). Viole / 04 VT14/38
131	contextual interaction theory	u	violence prevention	21		This study exar	Javakhishvili, N., & Jibladze / 04 VT19/38
132	criminology theory	u	violence prevention	22		Over the past t	Henson, B. (2010). Preventi / 02 IV+T01/4
133	criminology theory	u	violence prevention	23		Gender based	Babu, D. (2019). Gender Ba / 04 VT01/38
134	non-violence theory	p	violence prevention	24		This chapter off	Lehr, P. (2019). The Age of / 06 VTA28/52
135	reasoned action theory	u	violence prevention	25		Using the theor	Muralidharan, S., La Ferle, C / 06 VTA33/52
136	sexual violence theory	p	violence prevention	26		Sexual violence	Rayment-McHugh, S. (2018) / 04 VT30/38

No.	Theory used/propounded/emerged/upto	Main issue (theme) of article	Elements	Abstract	Reference	Re Da Ref. no.
137	social-cognitive theory	u	violence prevention	27	In this paper, I (Baker-Henningham, H. (2011). / Prevention has Hamby, S., Banyard, V., & G / Background Fe Egbodo, O. C., Akunaeziriri, U / "Breast ironing" Knopova, E. (2016). The Br / The adoption by United Nations Children's Fu / Classic ground; Lehane, O. (2019). A Journe / Given the high Taliep, Naiema (2015) Proce / Alcohol consum Fitterer, J. L., Nelson, T. A., / Community viol Whipple, C. R., Robinson, W / This book is wri Demeter, G., & Csaplár-Deg / Various subject XIE, R., ZHANG, X., & CAO / This study focu Bongmin, L. (2018). CRISIS / This article con Sheikh, M. K. (2018). Recur / The roles of sh Trivedi-Bateman, N. (2019). / This chapter dis Leon, D. S. (2020). A Theory / Originality/valu Vaughn, P. (2018). A Multi-L / Intimate partne Merchant, L. V., & Whiting, J / We investigate Mir, A., & Moore, D. (2018). / The present pa Reyes-Sosa, H., Egilegor, M / Around 1970, v Boge, C., & Larsson, A. (201 / Feminist resear Westmarland, N., & Bows, H / When Charmaz Irwin, K. (2019). Grounded T / Implementing e Gear, C., Eppel, E., & Kozio / In rural Uganda Ruble, A. (2018). Transform / Poverty and inti Gilroy, H., Nava, A., & McFa / There continue; Emelianchik-Key, K., & Colv / Intimate partne Forsdike, K., Tarzia, L., Floc / Queer individua Bermea, A. M. (2019). Quee / In this article, th Brown, S., McGriff, K., & Sp / https://web.karr Williams, E. H. (2018). Integ / This paper prov Childress, S., Gioia, D., & C / Objective To de Simmons, J., Brüggemann, J / Although it is w Haselschwerdt, M. (2013). M / Conspicuous in Lawlor, R. (2014). Conspicu / Experienced by Baldasare, A. (2012). Gende / Victims of inter; Fitzgerald, M. M., McCart, M / This study, whic Friesen, A. E. (2018). Empc / Interpersonal vi McLean, C. L., Fiorillo, D., & / Reports from se Childress, S. (2016). Unders / This research s Kirlew, M. Y. (2012). From th / In the United Ki Bowen, E., Walker, K., & Ho / Identification ar Lewis, N. V., Dowrick, A., Sc / In this article, th Maisha, B. M. (2019). Conte / Introduction. Pr Pérez-Tarrés, A., Cantera E / Objective: to ex Amarijo, C. L., Barlem, E. L. / In this qualitativ Gonzalez, D. (2018). Unders /	04 VT02/38
138	violence prevention theory	e	violence prevention	28		02 IV05/9
139	violence prevention theory	e	violence prevention	29		05 FGM01/4
140	violence prevention theory	e	violence prevention	30		05 FGM02/4
141	violence prevention theory	e	violence prevention	31		05 FGM03/4
142	violence preventon theory	p	violence prevention	32		06 VTA27/52
143	violence therapy theory	e	violence prevention	64	02 IV09/9	
144	alcohol violence theory - T	e	violence reduction	33	02 IV02/9	
145	collective efficacy theory	u	violence reduction	34	06 VTA49/52	
146	destabilization theory	u	violence reduction	35	04 VT12/38	
147	interaction ritual chains theory	u	violence reduction	36	06 VTA52/52	
148	planned behaviour theory	u	violence reduction	37	06 VTA06/52	
149	securitization theory	u	violence reduction	38	06 VTA39/52	
150	situational action theory	u	violence reduction	39	06 VTA42/52	
151	social capital theory	u	violence reduction	40	06 VTA29/52	
152	state violence monopoly theory	p	violence reduction	41	06 VTA43/52	
153	violence desistance theory - T	p	violence reduction	42	06 VTA30/52	
154	violence reduction theory	e	violence reduction	43	04 VT27/38	
155	framing theory / social represen	u	violence reporting	44	06 VTA34/52	
156	technoscience theory	u	violence reporting	45	04 VT06/38	
157	feminist research theory	e	violence research	46	04 VT37/38	
158	violence research theory	e	violence research	47	04 VT18/38	
159	complexity theory	u	violence therapy	48	06 VTA14/52	
160	conflict transformation theory	u	violence therapy	49	04 VT31/38	
161	economic solvency theory	p	violence therapy	50	06 VTA15/52	
162	item response theory	u	violence therapy	51	06 VTA12/52	
163	planned behavior theory	u	violence therapy	52	04 VT15/38	
164	queer theory	p	violence therapy	53	04 VT04/38	
165	relational-cultural theory	u	violence therapy	54	06 VTA07/52	
166	social cognitive career theory	u	violence therapy	55	06 VTA50/52	
167	violence coping theory	p	violence therapy	56	04 VT09/38	
168	violence disclosure theory	p	violence therapy	57	02 IV+T03/4	
169	violence disclosure theory	e	violence therapy	58	03 VGT02/6	
170	violence disclosure theory	e	violence therapy	59	03 VGT04/6	
171	violence prevention theory	e	violence therapy	60	05 FGM04/4	
172	violence therapy theory	e	violence therapy	61	02 IV03/9	
173	violence therapy theory	e	violence therapy	62	02 IV04/9	
174	violence therapy theory	e	violence therapy	63	02 IV07/9	
175	violence therapy theory	e	violence therapy	65	03 VGT01/6	
176	violence therapy theory	e	violence therapy	66	03 VGT03/6	
177	violence therapy theory	e	violence therapy	67	04 VT07/38	
178	violence therapy theory	e	violence therapy	68	04 VT22/38	
179	violence therapy theory	e	violence therapy	69	04 VT25/38	
180	violence therapy theory	e	violence therapy	70	04 VT29/38	
181	violence therapy theory	e	violence therapy	71	06 VTA02/52	
182	violence therapy theory	e	violence therapy	72	06 VTA17/52	
Note: The "No." refers to themes, where a Reference may contain more than one theme.						

No.	core	2nd level	code	data	No.	source	date	No.	memo
1		risk factors	being young	Violence was more likely to be experienced by younger respondents (Table 1). Males were more likely than females to be victims of violence, and black Africans were much more likely than others to be victimised. All three variables were significant at the 0.000 level	1	Fry, L. J. (2014).	7 Mar 2020	1	People in their late teens and twenties are more likely than others to experience interpersonal violence.
2		risk factors	being male	Violence was more likely to be experienced by yo	1	Fry, L. J. (2014).	7 Mar 2020	2	Men are more likely th
3		risk factors	being black	Violence was more likely to be experienced by yo	1	Fry, L. J. (2014).	7 Mar 2020	3	Blacks are more likely i
4		risk factors	being poor	Six variables reached significance in the logistical regression analysis (Table 3). Five of these were highly significant; all at the 0.01 level or higher. The property crime victimisation measure was the strongest (z-score 9.87). The second strongest was the poverty measure (z-score 4.64), followed by gender (z-score 3.90), age (z-score -3.74), and then fear of crime in the home (z-score 3.07). The respondents' faith was the final measure to reach significance (z-score 2.0, p 0.05).	1	Fry, L. J. (2014).	7 Mar 2020	4	Poor people are more likely to experience interpersonal violence.
5		risk factors	believing	Six variables reached significance in the logistica	1	Fry, L. J. (2014).	7 Mar 2020	5	Believers are more like
6		risk factors	property crime	Six variables reached significance in the logistica	1	Fry, L. J. (2014).	7 Mar 2020	6	An experience of interp
7		risk factors	home/neighbourhood crime	Six variables reached significance in the logistica	1	Fry, L. J. (2014).	7 Mar 2020	7	Interpersonal violence
8		preventing	hardening target	Target hardening is one form of deterrence and implies the need for the implementation of crime prevention programmes, based on prior victimisation. Law enforcement personnel should respond and follow-up incidents of reported property and/or violence victimisation within their jurisdiction. The purpose would be to attempt to prepare and assist victims to better protect both their premises and their person. Target hardening includes procedures such as installing improved locks, ensuring that proper night lighting has been fitted by residents and bushes, which might impede residents' view of their property and that of the neighbourhood, cleared from in front of windows. Personal experience with target hardening programmes suggests that residents become open to target hardening approaches, as well as personnel, once they have been victimised. Also, once victimised, residents should be encouraged to develop local neighbourhood anti-crime groups which provide security to their own communities.	1	Fry, L. J. (2014).	7 Mar 2020		
9		preventing	detering	Target hardening is one form of deterrence and i	1	Fry, L. J. (2014).	7 Mar 2020		
10		preventing	preventing crime	Target hardening is one form of deterrence and i	1	Fry, L. J. (2014).	7 Mar 2020		
11		victimising	victimising previously	Target hardening is one form of deterrence and i	1	Fry, L. J. (2014).	7 Mar 2020		
12		enforcing	enforcing law	Target hardening is one form of deterrence and i	1	Fry, L. J. (2014).	7 Mar 2020		
13		enforcing	responding to crime	Target hardening is one form of deterrence and i	1	Fry, L. J. (2014).	7 Mar 2020		
14		enforcing	following-up incidents	Target hardening is one form of deterrence and i	1	Fry, L. J. (2014).	7 Mar 2020		
15		reporting	reporting crime	Target hardening is one form of deterrence and i	1	Fry, L. J. (2014).	7 Mar 2020		
16		reporting	reporting violence	Target hardening is one form of deterrence and i	1	Fry, L. J. (2014).	7 Mar 2020		
17		making safe	preparing victims	Target hardening is one form of deterrence and i	1	Fry, L. J. (2014).	7 Mar 2020		
18		making safe	assisting victims	Target hardening is one form of deterrence and i	1	Fry, L. J. (2014).	7 Mar 2020		
19		making safe	protecting premises	Target hardening is one form of deterrence and i	1	Fry, L. J. (2014).	7 Mar 2020		
20	safetifying	making safe	protecting person	Target hardening is one form of deterrence and implies the need for the implementation of crime prevention programmes, based on prior victimisation. Law enforcement personnel should respond and follow-up incidents of reported property and/or violence victimisation within their jurisdiction. The purpose would be to attempt to prepare and assist victims to better protect both their premises and their person. Target hardening includes procedures such as installing improved locks, ensuring that proper night lighting has been fitted by residents and bushes, which might impede residents' view of their property and that of the neighbourhood, cleared from in front of windows. Personal experience with target hardening programmes suggests that residents become open to target hardening approaches, as well as personnel, once they have been victimised. Also, once victimised, residents should be encouraged to develop local neighbourhood anti-crime groups which provide security to their own communities.	1	Fry, L. J. (2014).	7 Mar 2020		safetifying emerged here as a possible core variable
21		making safe	installing locks	Target hardening is one form of deterrence and i	1	Fry, L. J. (2014).	7 Mar 2020		

No.	4or 3or	3rd level	2or 1	2nd level	2nd lev. alt	1order: code	/ n m	type P, data	No.	source	date	0000	memo
1	1	1	The Elite	1.1	Politics	orchestrating attacks	/	several "..."these attacks are orchestrated by some leader somewhere..." (p. 74).	4	Gumbi, M. G. C. (2017). An investigation on...	13 Mar 2020	0001	
2	1	1	The Elite	1.1	Politics	training attackers	/	several	4	Gumbi, M.	14 Mar 2020	0002	
3	1	1	The Elite	1.1	Politics	hating politically	/		38	Pieterse, T	29 Mar 2020	0003	
4	1	1	The Elite	1.2	Inferiority projection	projecting inferiority	/		8	Pretorius,	15 Mar 2020	0004	
5	1	1	The Elite	1.3	Legislation	lacking legal support	/	DVisha	9	Childress,	21 Mar 2020	0005	
6	1	1	The Elite	1.3	Legislation	lacking legal support	/	several	4	Gumbi, M.	13 Mar 2020	0006	
7	1	1	The Elite	1.3	Legislation	lacking police presence	/	several	4	Gumbi, M.	13 Mar 2020	0007	
8	1	1	The Elite	1.3	Legislation	alcohol availability	/		32	Fitterer, J.	28 Mar 2020	0008	
9	1	1	The Elite	1.3	Legislation	supplying alcohol	/		42	Phethlo-Th	29 Mar 2020	0009	
10	1	1	The Elite	1.4	Enforcement	enforcing law	/	DVisha	9	Childress,	21 Mar 2020	0010	
11	1	1	The Elite	1.4	Enforcement	restricting alcohol av	/		32	Fitterer, J.	28 Mar 2020	0011	
12	1	1	The Elite	1.4	Enforcement	controlling firearms	/		7	Lamb, Guy	29 Mar 2020	0012	
13	1	1	The Elite	1.4	Enforcement	immigrating illegally	/		6&7	Lamb, 201	29 Mar 2020	0013	
14	1	1	The Elite	1.4	Enforcement	disintegrating society	/		42	Lamb, 201	29 Mar 2020	0014	Society
15	1	1	The Elite	1.5	Town Planning	remoteness	/	several	4	Gumbi, M.	13 Mar 2020	0015	
16	1	1	The Elite	1.5	Town Planning	remoteness	/	several	4	Gumbi, M.	13 Mar 2020	0016	
17	1	1	The Elite	1.5	Town Planning	seclusion	/	several	4	Gumbi, M.	13 Mar 2020	0017	
18	1	1	The Elite	1.5	Town Planning	security distance	/	several	4	Gumbi, M.	13 Mar 2020	0018	
19	1	1	The Elite	1.5	Town Planning	soft targets	/	several	4	Gumbi, M.	13 Mar 2020	0019	
20	1	1	The Elite	1.5	Town Planning	settling informally	/		43	Phethlo-Th	29 Mar 2020	0020	The elite
21	1	2	The People	2.1	Socialisation	take advantage	/	several	4	Gumbi, M.	14 Mar 2020	0021	
22	1	2	The People	2.1	Socialisation	fearless	/	several	4	Gumbi, M.	14 Mar 2020	0022	
23	1	2	The People	2.1	Socialisation	generalise	/	several	4	Gumbi, M.	13 Mar 2020	0023	
24	1	2	The People	2.1	Socialisation	hardened	/	several	4	Gumbi, M.	14 Mar 2020	0024	
25	1	2	The People	2.1	Socialisation	hating	/	several	4	Gumbi, M.	13 Mar 2020	0025	
26	1	2	The People	2.1	Socialisation	resenting	/	several	4	Gumbi, M.	13 Mar 2020	0026	
27	1	2	The People	2.1	Socialisation		/	several	4	Gumbi, M.	13 Mar 2020	0027	
28	1	2	The People	2.1	Socialisation	parenting	/	several	4	Gumbi, M.	13 Mar 2020	0028	
29	1	2	The People	2.1	Socialisation	revenge	/	several	4	Gumbi, M.	13 Mar 2020	0029	
30	1	2	The People	2.1	Socialisation	disordering	/		41	Ellis, T. (2	29 Mar 2020	0030	
31	1	2	The People	2.1	Socialisation	abusing substances	/		7	Lamb, 201	29 Mar 2020	0031	
32	1	2	The People	2.2	Cultural norms	permitting violence	/		6	Makanga, Schuu	15 Mar 2020	0032	Makang
33	1	2	The People	2.2	Cultural norms	television violence	/		10	Lazar, B. /	25 Mar 2020	0033	
34	1	2	The People	2.2	Cultural norms	utilitising violence	/		7	Lamb, Guy	15 Mar 2020	0034	
35	1	2	The People	2.2	Cultural norms	disinhibiting for violence	/		7	Lamb, Guy	15 Mar 2020	0035	
36	1	2	The People	2.2	Cultural norms	culture of violence	/		35	Vogelman	28 Mar 2020	0036	
37	1	2	The People	2.2	Cultural norms	cultural violence	/		35	Galtung, J	28 Mar 2020	0037	
38	1	2	The People	2.2	Cultural norms	believing erroneous	/		35	My memo	28 Mar 2020	0038	
39	1	2	The People	2.2	Cultural norms	breeding error	/		35	My memo	28 Mar 2020	0039	
40	1	2	The People	2.2	Cultural norms	breeding violence	/		35	My memo	28 Mar 2020	0040	
41	1	2	The People	2.2	Cultural norms	entitling violence	/		35	My memo	28 Mar 2020	0041	
42	1	2	The People	2.2	Cultural norms	stealing firearms	/		37	Van der M	29 Mar 2020	0042	
43	1	2	The People	2.2	Cultural norms	hating culturally	/		38	Pieterse, T	29 Mar 2020	0043	
44	1	2	The People	2.3	Alcohol Use	alcohol availability	/	DVast	9	Childress, S. (2016). Understanding Lived Experiences...	21 Mar 2020	0044	
45	1	2	The People	2.3	Alcohol Use	alcohol availability	/	DVast	9	Childress,	20 Mar 2020	0045	
46	1	2	The People	2.3	Alcohol Use	abusing alcohol	/		42	Lamb, 201	29 Mar 2020	0046	
47	1	2	The People	2.4	Patriarchising	dominating	/		5	Matsumunyane, E. M. (2014). Feminist pastoral care...	14 Mar 2020	0047	Some c
48	1	2	The People	2.4	Patriarchising	feeling powerful	/		5	Matsumun	14 Mar 2020	0048	
49	1	2	The People	2.4	Patriarchising	making violent	/		5	Matsumun	14 Mar 2020	0049	
50	1	2	The People	2.4	Patriarchising	toxic masculinity	/		31	Talip, Na	28 Mar 2020	0050	
51	1	2	The People	2.4	Patriarchising	viewing as a child	/		5	Matsumun	15 Mar 2020	0051	
52	1	2	The People	2.4	Patriarchising	changing cultural va	/		5	Matsumun	15 Mar 2020	0052	
53	1	2	The People	2.5	Poverty	money / financial	/	several	4	Gumbi, M.	13 Mar 2020	0053	
54	1	2	The People	2.5	Poverty	increasing inequality	/		6&7	Harris, G.,	29 Mar 2020	0054	
55	1	3	Endangerment	3	Endangerment	danger was emerge	/		1	Fry, L. J. /	13 Mar 2020	0055	Endang

No.	4or3or	3rd level	2or1	2nd level	2nd lev. alt	1order: code	/ n m	type P, i data	No.	source	date	0000	memo
56	1	3	Endangerment	3.1	Organised crime	remaining in custody	/	18 "I gave them the	4	Gumbi, M.	13 Mar 2020	0056	
57	1	3	Endangerment	3.1	Organised crime	sydicating crime	/	18 "I gave them the	4	Gumbi, M.	13 Mar 2020	0057	
58	1	3	Endangerment	3.4	Farms attacks	hating segmentally	/	South African vio	38	Pretorius,	29 Mar 2020	0058	
59	2	1.1	Awarene./attacki	1	evaluating	Observing s signing	/	DV nat Other participant	9	Childress,	16 Mar 2020	0059	
60	2	1.1	Awarene./attacki	1	evaluating	Observing s flagging	/	DV nat Other participant	9	Childress,	16 Mar 2020	0060	
61	2	1.1	Awarene./attacki	1	evaluating	Observing s identifying warning s	/	Revictimisation t	33	Stockdale,	28 Mar 2020	0061	
62	2	1.1	Awarene./attacki	1	evaluating	Observing s avoiding the attack	/	2 "The attackers w	4	Gumbi, M.	11 Mar 2020	0062	
63	2	1.1	Awarene./attacki	1	evaluating	Observing s disgruntling	/	2 "The attack happ	4	Gumbi, M.	12 Mar 2020	0063	Victim s
64	2	1.1	Awarene./attacki	1	evaluating	Observing s recognising voice	/	4 Thirty-nine perce	4	Gumbi, M.	12 Mar 2020	0064	
65	2	1.1	Awarene./attacki	1	setting up	Observing s deceiving by parents	/	DVfkan I didn't know she	9	Childress,	20 Mar 2020	0065	
66	2	1.1	Awarene./attacki	1	setting up	Observing s opening windows	/	2 "The attackers w	4	Gumbi, M.	12 Mar 2020	0066	whole s
67	2	1.1	Awarene./attacki	1	setting up	Observing s blackmailing	/	DVfkan I didn't know she	9	Childress,	20 Mar 2020	0067	
68	2	1.1	Awarene./attacki	1	setting up	Observing s guilt-tripping	/	DVfkan I didn't know she	9	Childress,	20 Mar 2020	0068	
69	2	1.1	Awarene./attacki	1	setting up	Observing s acquiescing	/	DVfkan I didn't know she	9	Childress,	20 Mar 2020	0069	
70	2	1.1	Awarene./attacki	1	setting up	Observing s convincing oneself f	/	DVfkan I didn't know she	9	Childress,	20 Mar 2020	0070	this acq
71	2	1.1	Awarene./attacki	2	evaluating	Anticipating tripping on drugs	/	several "Poor security do	4	Gumbi, M.	14 Mar 2020	0071	Evaluati
72	2	1.1	Awarene./attacki	2	setting up	Anticipating dressing certain way	/	Mp5 It all began at a p	3	Mpata, M.	9 Mar 2020	0072	A decisi
73	2	1.1	Awarene./attacki	2	setting up	Anticipating drinking	/	ass4.1 The first incident	3	Mpata, M.	9 Mar 2020	0073	Victims
74	2	1.1	Awarene./attacki	2	setting up	Anticipating alcohol influence	/	DVaost Virtually all partic	9	Childress,	21 Mar 2020	0074	people c
75	2	1.1	Awarene./attacki	2	setting up	Anticipating insisting washing	/	2 "The attackers w	4	Gumbi, M.	12 Mar 2020	0075	strange
76	2	1.1	Awarene./attacki	2	setting up	Anticipating routining	/	several "The attackers ar	4	Gumbi, M.	13 Mar 2020	0076	
77	2	1.1	Awarene./attacki	2	setting up	Anticipating perceiving threat	/	Interpersonal vio	26	Weaver, T	26 Mar 2020	0077	
78	2	1.1	Awarene./attacki	3	setting up	Averting dar going home	/	Mp4.1 The first incident	3	Mpata, M.	9 Mar 2020	0349	Setting i
79	2	1.1	Awarene./attacki	3	setting up	Averting dar grouping	/	Mp5 It all began at a p	3	Mpata, M.	9 Mar 2020	0350	
80	2	1.1	Awarene./attacki	3	setting up	Averting dar knocking on door	/	Mp5 Thato managed t	3	Mpata, M.	9 Mar 2020	0351	
81	2	1.1	Awarene./attacki	3	setting up	Averting dar losing item	/	Mp5 It all began at a p	3	Mpata, M.	9 Mar 2020	0352	also by
82	2	1.1	Awarene./attacki	3	setting up	Averting dar stopping car	/	sho4p3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0353	
83	2	1.1	Awarene./attacki	3	setting up	Averting dar walking back	/	Mp4.1 The first incident	3	Mpata, M.	9 Mar 2020	0354	
84	2	1.1	Awarene./attacki	3	setting up	Averting dar intoxicating	/	Mp4.2 The second incid	3	Mpata, M.	9 Mar 2020	0355	
85	2	1.1	Awarene./attacki	3	setting up	Averting dar making a call / obli	/	Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0078	
86	2	1.1	Awarene./attacki	3	setting up	Averting dar bringing money	/	farr 5 "They brought m	4	Gumbi, M.	12 Mar 2020	0079	
87	2	1.1	Awarene./attacki	3	setting up	Averting dar changing routine	/	several "The attackers ar	4	Gumbi, M.	13 Mar 2020	0080	
88	2	1.1	Awarene./attacki	3	setting up	Averting dar having no security	/	several "Poor security is	4	Gumbi, M.	13 Mar 2020	0081	
89	2	1.1	Awarene./attacki	3	setting up	Averting dar hiding keys	/	2 "The attackers w	4	Gumbi, M.	12 Mar 2020	0082	never p
90	2	1.1	Awarene./attacki	3	setting up	Averting dar increasing security	/	several "Poor security is	4	Gumbi, M.	13 Mar 2020	0083	2 There
91	2	1.1	Awarene./attacki	3	setting up	Averting dar informing staff	/	2 "The attackers w	4	Gumbi, M.	11 Mar 2020	0084	
92	2	1.1	Awarene./attacki	3	setting up	Averting dar keeping a lot of mon	/	18 "I gave them the	4	Gumbi, M.	13 Mar 2020	0085	The atta
93	2	1.1	Awarene./attacki	3	setting up	Averting dar knowing secrets	/	2 "The attackers w	4	Gumbi, M.	12 Mar 2020	0086	do not d
94	2	1.1	Awarene./attacki	3	setting up	Averting dar observing routine	/	several "Poor security is	4	Gumbi, M.	14 Mar 2020	0087	
95	2	1.1	Setting up	1	setting up	Preparing opening safe	/	19 "They hit my wife	4	Gumbi, M.	13 Mar 2020	0363	Thus is
96	2	1.1	Setting up	1	setting up	Preparing taking guns	/	19 "They hit my wife	4	Gumbi, M.	13 Mar 2020	0364	Thus att
97	2	1.1	Setting up	1	setting up	Preparing taking money	/	19 "They hit my wife	4	Gumbi, M.	13 Mar 2020	0365	if people
98	2	1.1	Setting up	1	setting up	Preparing thinking money and	/	several "Attackers think t	4	Gumbi, M.	13 Mar 2020	0366	yellow n
99	2	1.1	Setting up	2	setting up	Invasiving coming to home	/	Mp5 "They came to my home armed with potentially deadly weapons" (p. 112).	3	Mpata, M. F. (2011). Personal experienc es...	9 Mar 2020	0356	
100	2	1.1	Setting up	2	setting up	Invasiving alcohol influence	/	DVaina My husband star	9	Childress,	21 Mar 2020	0360	
101	2	1.1	Setting up	2	setting up	Invasiving drugging dogs	/	19 "They hit my wife	4	Gumbi, M.	13 Mar 2020	0361	The thin
102	2	1.1	Setting up	2	setting up	Invasiving drugging dogs	/	5 "They brought m	4	Gumbi, M.	12 Mar 2020	0362	
103	2	1.1	Setting up	2	setting up	Invasiving overwhelming	/	DVfkan I didn't know she	9	Childress,	20 Mar 2020	0367	
104	2	1.1	Setting up	3	setting up	Forming grouping	/	8 "... Five attackers	4	Gumbi, M.	12 Mar 2020	0357	In attack
105	2	1.1	Setting up	3	setting up	Forming forcing/protesting	/	DVfkan I didn't know she	9	Childress,	20 Mar 2020	0358	
106	2	1.1	Setting up	3	setting up	Forming locking in shop	/	DV para He locked the sh	9	Childress,	20 Mar 2020	0359	
107	2	1.1	Evaluating	1	evaluating	Optioning defeating	/	Mp5 Friends of the de	3	Mpata, M.	9 Mar 2020	0333	
108	2	1.1	Evaluating	1	evaluating	Optioning informing staff	/	2 "The attackers w	4	Gumbi, M.	11 Mar 2020	0339	
109	2	1.1	Evaluating	1	evaluating	Optioning keeping cash	/	4 "At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0340	
110	2	1.1	Evaluating	1	evaluating	Optioning seeing shadows	/	5 "They brought m	4	Gumbi, M.	12 Mar 2020	0345	
111	2	1.1	Evaluating	2	evaluating	Weighting frequenting places	/	Mp4.2 The second incid	3	Mpata, M.	9 Mar 2020	0332	Victims
112	2	1.1	Evaluating	2	evaluating	Weighting defeating	/	Mp5 Friends of the de	3	Mpata, M.	9 Mar 2020	0335	
113	2	1.1	Evaluating	2	evaluating	Weighting carrying weapons	/	4 "At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0336	evaluati
114	2	1.1	Evaluating	2	evaluating	Weighting covering faces and l	/	2 "The attackers w	4	Gumbi, M.	11 Mar 2020	0337	
115	2	1.1	Evaluating	2	evaluating	Weighting knowing attackers	/	4 Thirty-nine perce	4	Gumbi, M.	12 Mar 2020	0342	
116	2	1.1	Evaluating	2	evaluating	Weighting wearing gloves	/	4 "At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0347	

No.	4or 3or	3rd level	2or 2no	2nd level	2nd lev. alt	1order: code	/ n m	type P, i data	No.	source	date	0000	memo		
117	2	1.1	Evaluating	2	evaluating - f	Weighting	knowing safes	/	2	"The attackers w	4	Gumbi, M.	11 Mar 2020	0348	
118	2	1.1	Evaluating	3	evaluating	Turning	dying	/	Mp5	Thato managed t	3	Mpata, M.	9 Mar 2020	0334	Safetify
119	2	1.1	Evaluating	3	evaluating	Turning	entering	/	4	"At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0338	
120	2	1.1	Evaluating	3	evaluating	Turning	keeping guns	/	4	"At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0341	
121	2	1.1	Evaluating	3	evaluating	Turning	opening bedroom d	/	4	"At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0343	
122	2	1.1	Evaluating	3	evaluating	Turning	opening safe	/	18	"I gave them the	4	Gumbi, M.	13 Mar 2020	0344	Attackin
123	2	1.1	Evaluating	3	evaluating	Turning	thinking	/	4	"At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0346	
124	2	1.2	Awarenessin	0	Awarnessing		becoming open	/	Once the ε	Target hardening	1	Fry, L. J.	7 Mar 2020	0088	
125	2	1.2	Awarenessing	0	Awarnessing		being similar people	/	DV nat	I will live to serve	9	Childress,	16 Mar 2020	0089	
126	2	1.2	Awarenessing	0	Awarnessing		being many	/	DV nat	I will live to serve	9	Childress,	16 Mar 2020	0090	
127	2	1.2	Awarenessing	1	Perceiving		perceiving differently	/	S& DV ura	I grew psycholog	9	Childress,	15 Mar 2020	0091	
128	2	1.2	Awarenessing	1	Perceiving		naiving less	/	DV nat	Other participant	9	Childress,	16 Mar 2020	0092	
129	2	1.2	Awarenessing	1	Perceiving		looking deeper	/	DV nat	Other participant	9	Childress,	16 Mar 2020	0093	
130	2	1.2	Awarenessing	1	Perceiving		observing warning s	/	DV nat	Other participant	9	Childress,	16 Mar 2020	0094	perceivi
131	2	1.2	Awarenessing	1	Perceiving		understanding matte	/	DV ina	Goal setting [go	9	Childress,	16 Mar 2020	0095	
132	2	1.2	Awarenessing	1	Perceiving		developing insights	/	DVimpa	Resiliency in the	9	Childress,	16 Mar 2020	0096	
133	2	1.2	Awarenessing	1	Perceiving		putting self down	/	DV nira	I realized that I w	9	Childress,	20 Mar 2020	0097	
134	2	1.2	Awarenessin	1	Perceiving		realising insights	/		my worded sumn	3	Mpata, M.	9 Mar 2020	0098	reasiling
135	2	1.2	Awarenessin	2	Disentangling		rationalising	/	This new d	my worded sumn	3	Mpata, M.	16 Mar 2020	0099	Analysir
136	2	1.2	Awarenessing	2	Disentangling		sourcing help	/	DVisha	At first I thought I	9	Childress,	21 Mar 2020	0100	Analysir
137	2	1.2	Awarenessing	2	Disentangling		sourcing help	/	DV nat	Salamat's husba	9	Childress,	21 Mar 2020	0101	Analysir
138	2	1.2	Awarenessing	2	Disentangling		analysing psycholog	/	DV ura	I grew psycholog	9	Childress,	15 Mar 2020	0102	Analysir
139	2	1.2	Awarenessing	2	Disentangling		disentangling	/	DV	self love. Respo	9	Childress,	16 Mar 2020	0103	
140	2	1.2	Awarenessing	3	Perspectivising		emoting: cowards	/	Typical	"The attackers ar	4	Gumbi, M.	13 Mar 2020	0104	
141	2	1.2	Awarenessing	4	Understanding		understaning many	/	G& DV nira	I realized that I w	9	Childress,	20 Mar 2020	0105	
142	2	1.2	Awarenessing	5	Decisiving		never going back	/	Th DV ara	This [experience]	9	Childress,	16 Mar 2020	0106	
143	2	1.2	Awarenessing	5	Decisiving		deciding	/	DV ina	Goal setting and	9	Childress,	16 Mar 2020	0107	
144	2	1.2	Awarenessing	5	Decisiving		making decisions	/	DV ina	Goal setting and	9	Childress,	16 Mar 2020	0108	
145	2	1.2	Awarenessing	5	Decisiving		deciding to leave	/	DV nira	I even attempted	9	Childress,	20 Mar 2020	0109	
146	2	1.2	Awarenessing	5	Decisiving		planning	/		Grounded theory	17	Carroll, R.	26 Mar 2020	0110	
147	2	1.2	Awarenessing	6	Shrewding		trusting nobody	/	P& DV nat	Other participant	9	Childress,	16 Mar 2020	0111	
148	2	1.2	Awarenessing	7	Changing		changing for better	/	Th DV nat	I changed for the	9	Childress,	16 Mar 2020	0112	
149	2	1.2	Awarenessing	7	Changing		being changed	/	DV nat	I changed for the	9	Childress,	16 Mar 2020	0113	
150	2	1.2	Awarenessing	7	Changing		changing	/	DV nat	I changed for the	9	Childress,	16 Mar 2020	0114	
151	2	1.2	Awarenessing	7	Changing		changing perpetrator	/	DV nat	I changed for the	9	Childress,	16 Mar 2020	0115	not sure
152	2	1.2	Awarenessing	7	Changing		accepting responsib	/		Grounded theory	19	Merchant,	26 Mar 2020	0116	
153	2	2.1	Resilienci/attacki	1	acquiescing	Taking abus	accepting oppression	/	Yc DV nira	He constantly ke	9	Childress,	20 Mar 2020	0117	
154	2	2.1	Resilienci/attacki	1	breaking	Taking abus	destroying property	/	DV nira	He crashed that s	9	Childress,	15 Mar 2020	0119	
155	2	2.1	Resilienci/attacki	1	contacting	Taking abus	beating repeatedly -	/	DV kan	He beat me badl	9	Childress,	20 Mar 2020	0118	cycles o
156	2	2.1	Resilienci/attacki	1	contacting	Taking abus	ongoing verbal viole	/	DV pha	Threatening, ass	9	Childress,	21 Mar 2020	0120	
157	2	2.1	Resilienci/attacki	1	contacting	Taking abus	poking with sharp ok	/	DV pha	Through these fif	9	Childress,	21 Mar 2020	0121	
158	2	2.1	Resilienci/attacki	1	contacting	Taking abus	shaving head bald	/	DV para	Gulbara describe	9	Childress,	20 Mar 2020	0122	
159	2	2.1	Resilienci/attacki	2	contacting	Receiving vi	assaulting face	/	Th DVimat	I have had many	9	Childress,	21 Mar 2020	0123	
160	2	2.1	Resilienci/attacki	2	contacting	Receiving vi	beating constantly	/	DV pha	Through these fif	9	Childress,	21 Mar 2020	0124	
161	2	2.1	Resilienci/attacki	2	contacting	Receiving vi	beating for two hour	/	DV para	He locked the sh	9	Childress,	20 Mar 2020	0125	
162	2	2.1	Resilienci/attacki	2	contacting	Receiving vi	falling on stove	/	DV nira	My husband burr	9	Childress,	20 Mar 2020	0126	
163	2	2.1	Resilienci/attacki	2	contact/cp2	Receiving vi	fighting	/	Mp5	It all began at a p	3	Mpata, M.	9 Mar 2020	0127	
164	2	2.1	Resilienci/attacki	2	contacting	Receiving vi	hit on head again	/	17	"I tried to reach n	4	Gumbi, M.	13 Mar 2020	0128	
165	2	2.1	Resilienci/attacki	2	contacting	Receiving vi	hit with pistol	/	17	"I tried to reach n	4	Gumbi, M.	13 Mar 2020	0129	
166	2	2.1	Resilienci/attacki	2	contact/cp1	Receiving vi	hitting on head	/	Mp4.1	The first incident	3	Mpata, M.	9 Mar 2020	0130	
167	2	2.1	Resilienci/attacki	2	contacting	Receiving vi	kicking the body	/	DV nira	I am losing my he	9	Childress,	21 Mar 2020	0131	
168	2	2.1	Resilienci/attacki	2	contacting	Receiving vi	pushing onto stove	/	DV nira	My husband burr	9	Childress,	20 Mar 2020	0132	
169	2	2.1	Resilienci/attacki	2	contacting	Receiving vi	spilling hot tea	/	DV met	If I prepared a m	9	Childress,	21 Mar 2020	0133	
170	2	2.1	Resilienci/attacki	2	contact	Receiving vi	tying feet	/	8	"... Five attackers	4	Gumbi, M.	12 Mar 2020	0134	
171	2	2.1	Resilienci/attacki	2	contact	Receiving vi	tying hands	/	8	"... Five attackers	4	Gumbi, M.	12 Mar 2020	0135	
172	2	2.1	Resilienci/attacki	3	contacting	Enduring pa	beating severely	/	A DV nira	I even attempted	9	Childress,	20 Mar 2020	0136	
173	2	2.1	Resilienci/attacki	3	contacting	Enduring pa	binding with cable	/	18	"I gave them the	4	Gumbi, M.	13 Mar 2020	0137	
174	2	2.1	Resilienci/attacki	3	contacting	Enduring pa	burning arms	/	DV nira	My husband burr	9	Childress,	20 Mar 2020	0138	
175	2	2.1	Resilienci/attacki	3	effect	Enduring pa	feeling the pain, not	/	Mp2	I was on my way	3	Mpata, M.	8 Mar 2020	0139	
176	2	2.1	Resilienci/attacki	3	effect	Enduring pa	paining	/	Mp2	I was on my way	3	Mpata, M.	8 Mar 2020	0140	the cont
177	2	2.2	Resiliencing	0	Resiliencing		resiliencing	/	DV act	The respondents	9	Childress,	20 Mar 2020	0141	
178	2	2.2	Resiliencing	0	Resiliencing		resilience	/		Grounded theory	12	Sammur S	25 Mar 2020	0142	
179	2	2.2	Resiliencing	1	Reclaiming		respecting yourself	/	W DV nira	I realized that I w	9	Childress,	20 Mar 2020	0143	

No.	4or 3or	3rd level	2or 1	2nd level	2nd lev. alt	1order: code	/ n m type P, i data	No.	source	date	0000	memo
180	2	2.2	Resiliencing	1	Reclaiming / MyLifeing	reclaiming your life	/ DV ura I live here, it is m	9	Childress,	15 Mar 2020	0144	
181	2	2.2	Resiliencing	1	Reclaiming	re-establishing ident	/ DV ura Interpersonal viol	28	Day, K. W	27 Mar 2020	0145	
182	2	2.2	Resiliencing	2	Believing	believing / exercising	/ Having fait Six variables rea	1	Fry, L. J.	7 Mar 2020	0146	Believer
183	2	2.2	Resiliencing	2	Believing	believing in God	/ Mp1 Ramadimetsa is	3	Mpata, M.	9 Mar 2020	0147	
184	2	2.2	Resiliencing	2	Believing	helping by belief	/ 14 Respondent four	4	Gumbi, M.	13 Mar 2020	0148	
185	2	2.2	Resiliencing	2	Believing	spiritually engaged	/ Grounded theory	14	Kirlew, M.	25 Mar 2020	0149	
186	2	2.2	Resiliencing	3	Selfloving	loving self	/ Se DVimpa Resiliency in the	9	Childress,	16 Mar 2020	0150	
187	2	2.2	Resiliencing	3	Selfloving	loving self	/ DV hira I realized that I w	9	Childress,	20 Mar 2020	0151	
188	2	2.2	Resiliencing	3	Selfloving	raising self-compass	/ Interpersonal viol	29	McLean, C	27 Mar 2020	0152	
189	2	2.2	Resiliencing	4	Independenting	doing many things	/ Se DV nat I changed for the	9	Childress,	16 Mar 2020	0153	
190	2	2.2	Resiliencing	4	Independenting	independenting	/ DV ina In my future, I ho	9	Childress,	16 Mar 2020	0154	
191	2	2.2	Resiliencing	4	Independenting	independenting	/ DV ina Goal setting and	9	Childress,	16 Mar 2020	0155	
192	2	2.2	Resiliencing	4	Independenting	easing into independ	/ The aim that a ch	122	Jamieson,	21 Apr 2020	0813	
193	2	2.2	Resiliencing	5	Asserting	standing up (from vi	/ In DV ina In my future, I ho	9	Childress,	16 Mar 2020	0157	
194	2	2.2	Resiliencing	5	Asserting	standing up for your	/ DV ina Goal setting and	9	Childress,	16 Mar 2020	0158	
195	2	2.2	Resiliencing	5	Asserting	standing up for self	/ DVimpa Resiliency in the	9	Childress,	16 Mar 2020	0159	
196	2	2.2	Resiliencing	6	Confidenting	becoming confident	/ Tr DV nat I changed for the	9	Childress,	16 Mar 2020	0161	
197	2	2.2	Resiliencing	6	Confidenting	Self-relying = relying	/ DV nat Other participant	9	Childress,	16 Mar 2020	0162	
198	2	2.2	Resiliencing	6	Confidenting	trusting self = selftru	/ DV nat Other participant	9	Childress,	16 Mar 2020	0163	
199	2	2.2	Resiliencing	7	Positiving	happy	/ ConfidMp3 Throughout the ir	3	Mpata, M.	9 Mar 2020	0164	
200	2	2.2	Resiliencing	7	Positiving	hoping	/ DV ina In my future, I ho	9	Childress,	16 Mar 2020	0165	
201	2	2.2	Resiliencing	7	Positiving	crying less	/ DV ina Goal setting and	9	Childress,	16 Mar 2020	0166	
202	2	3.1	Finishing/attackin	1	tackling	Tolerating p accusing	/ DV act Victims felt ashar	9	Childress,	20 Mar 2020	0173	
203	2	3.1	Finishing/attackin	1	tackling	Tolerating p accusing falsely	/ DV μsh My husband says	9	Childress,	21 Mar 2020	0187	
204	2	3.1	Finishing/attackin	1	tackling	Tolerating p accusing falsely	/ DV μsh He blamed me th	9	Childress,	21 Mar 2020	0189	
205	2	3.1	Finishing/attackin	1	tackling	Tolerating p adultering openly	/ DV jem He would bring w	9	Childress,	20 Mar 2020	0169	
206	2	3.1	Finishing/attackin	1	tackling	Tolerating p adultering openly	/ DV pha Not only did he g	9	Childress,	21 Mar 2020	0190	
207	2	3.1	Finishing/attackin	1	tackling	Tolerating p alcohol influence	/ DVaara He is not violent	9	Childress,	21 Mar 2020	0180	
208	2	3.1	Finishing/attackin	1	tackling	Tolerating p alcohol influence	/ DVaara Vodka is his love	9	Childress,	21 Mar 2020	0181	
209	2	3.1	Finishing/attackin	1	tackling	Tolerating p alcohol influence	/ DVaan Well, it's only wh	9	Childress,	21 Mar 2020	0182	
210	2	3.1	Finishing/attackin	1	tackling	Tolerating p alcohol influence	/ DV μsh When he was dr	9	Childress,	21 Mar 2020	0188	
211	2	3.1	Finishing/attackin	1	tackling	Tolerating p blackmailing	/ DV jnat I worked [as a re	9	Childress,	21 Mar 2020	0184	
212	2	3.1	Finishing/attackin	1	tackling	Tolerating p bullying	/ DV jara Then after I deliv	9	Childress,	20 Mar 2020	0176	
213	2	3.1	Finishing/attackin	1	tackling	Tolerating p captivating	/ DVeina I stay at home...	9	Childress,	21 Mar 2020	0191	
214	2	3.1	Finishing/attackin	1	tackling	Tolerating p captivating	/ DVenat For two years he	9	Childress,	21 Mar 2020	0193	
215	2	3.1	Finishing/attackin	1	tackling	Tolerating p captivating	/ DV nat He [the abuser] c	9	Childress,	21 Mar 2020	0194	
216	2	3.1	Finishing/attackin	1	tackling	Tolerating p coming inside, not	/ 16 "We were in the f	4	Gumbi, M.	13 Mar 2020	0197	
217	2	3.1	Finishing/attackin	1	tackling	Tolerating p cursing	/ DV act Victims felt ashar	9	Childress,	20 Mar 2020	0172	
218	2	3.1	Finishing/attackin	1	tackling	Tolerating p demeaning	/ DV act Loss of identity, p	9	Childress,	20 Mar 2020	0174	
219	2	3.1	Finishing/attackin	1	tackling	Tolerating p demeaning	/ DV jira "I have no relativ	9	Childress,	20 Mar 2020	0175	
220	2	3.1	Finishing/attackin	1	tackling	Tolerating p denigrating	/ DV jem I started yelling a	9	Childress,	20 Mar 2020	0171	calling-c
221	2	3.1	Finishing/attackin	1	tackling	Tolerating p disowning babies	/ DV jina When I was living	9	Childress,	21 Mar 2020	0196	beat-wit
222	2	3.1	Finishing/attackin	1	tackling	Tolerating p distorting thinking	/ DVenat He told me that I	9	Childress,	21 Mar 2020	0185	
223	2	3.1	Finishing/attackin	1	tackling	Tolerating p drinking alcohol	/ DVeara He stopped work	9	Childress,	20 Mar 2020	0179	
224	2	3.1	Finishing/attackin	1	tackling - cl	Tolerating p driving out of house	/ DV kan He beat me badl	9	Childress,	20 Mar 2020	0198	
225	2	3.1	Finishing/attackin	1	tackling	Tolerating p financial abuse	/ DVeara He had no conce	9	Childress,	20 Mar 2020	0177	econom
226	2	3.1	Finishing/attackin	1	tackling	Tolerating p humiliating like an ar	/ DViura He humiliated me	9	Childress,	15 Mar 2020	0167	
227	2	3.1	Finishing/attackin	1	tackling	Tolerating p ignoring by perp	/ DV jem I started yelling a	9	Childress,	20 Mar 2020	0170	his fami
228	2	3.1	Finishing/attackin	1	tackling	Tolerating p isolating	/ DV μsh My husband says	9	Childress,	21 Mar 2020	0186	
229	2	3.1	Finishing/attackin	1	tackling	Tolerating p making excuses	/ DV jnat "He told me oper	9	Childress,	21 Mar 2020	0192	
230	2	3.1	Finishing/attackin	1	tackling	Tolerating p scaring	/ DV jnat He used to scare	9	Childress,	21 Mar 2020	0183	
231	2	3.1	Finishing/attackin	1	tackling	Tolerating p shaming	/ DV jina I was doing all th	9	Childress,	21 Mar 2020	0195	
232	2	3.1	Finishing/attackin	1	tackling	Tolerating p smearing	/ DV jem I have no friends	9	Childress,	20 Mar 2020	0168	smearin
233	2	3.1	Finishing/attackin	1	tackling	Tolerating p stealing	/ He DVeara He stopped work	9	Childress,	20 Mar 2020	0178	
234	2	3.1	Finishing/attackin	2	tactic/cp4	Allowing per driving off	/ The vMp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0205	
235	2	3.1	Finishing/attackin	2	tactic/cp3?	Allowing per fleeing	/ 5 "They brought m	4	Gumbi, M.	12 Mar 2020	0210	
236	2	3.1	Finishing/attackin	2	tactic	Allowing per getting keys	/ Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0199	
237	2	3.1	Finishing/attackin	2	tactic/cp3	Allowing per leaving - perps	/ Mp5 Thato managed t	3	Mpata, M.	9 Mar 2020	0204	
238	2	3.1	Finishing/attackin	2	tactic	Allowing per opening legs	/ Mp1 I will not forget th	3	Mpata, M.	8 Mar 2020	0200	
239	2	3.1	Finishing/attackin	2	tactic	Allowing per taking cell phones	/ 8 "... Five attackers	4	Gumbi, M.	12 Mar 2020	0206	
240	2	3.1	Finishing/attackin	2	tactic	Allowing per taking firearms	/ 8 "... Five attackers	4	Gumbi, M.	12 Mar 2020	0207	Althoug
241	2	3.1	Finishing/attackin	2	effect	Allowing per taking guns	/ 5 "They brought m	4	Gumbi, M.	12 Mar 2020	0211	
242	2	3.1	Finishing/attackin	2	tactic	Allowing per taking money	/ 8 "... Five attackers	4	Gumbi, M.	12 Mar 2020	0208	moved c

No.	4or 3or	3rd level	2or 1	2nd level	2nd lev. alt	1order: code	/ n m	type P, i	data	No.	source	date	0000	memo
243	2 3.1	Finishing/attackin	2	effect	Allowing per	taking money	/	5	"They brought me	4	Gumbi, M.	12 Mar 2020	0212	Perpetre
244	2 3.1	Finishing/attackin	2	tactic	Allowing per	taking phone and m	/	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0201	
245	2 3.1	Finishing/attackin	2	tactic	Allowing per	taking phone, money	/	Mp4.2	The second incid	3	Mpata, M.	9 Mar 2020	0202	
246	2 3.1	Finishing/attackin	2	tactic	Allowing per	taking phone, money	/	Mp4.1	The first incident	3	Mpata, M.	9 Mar 2020	0203	
247	2 3.1	Finishing/attackin	2	tactic	Allowing per	taking precious item	/	8	"... Five attackers	4	Gumbi, M.	12 Mar 2020	0209	
248	2 3.1	Finishing/attackin	3	tactic/cp no1	Cutting poin	shooting	/	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0213	
249	2 3.1	Finishing/attackin	3	tactic/cp2	Cutting poin	robbing	/	Mp4.2	The second incid	3	Mpata, M.	9 Mar 2020	0214	
250	2 3.1	Finishing/attackin	3	tactic	Cutting poin	boiling water	/	Prepar 2	"The attackers w	4	Gumbi, M.	11 Mar 2020	0215	
251	2 3.1	Finishing/attackin	3	tactic	Cutting poin	heated iron	/	2	"The attackers w	4	Gumbi, M.	11 Mar 2020	0216	
252	2 3.1	Finishing/attackin	3	tactic	Cutting poin	pouring poison	/	2	"The attackers w	4	Gumbi, M.	11 Mar 2020	0217	
253	2 3.1	Finishing/attackin	3	tacticking	Cutting poin	threatening to axe	/	DV jura	Last year in the fi	9	Childress,	15 Mar 2020	0218	
254	2 3.1	Finishing/attackin	3	tacticking	Cutting poin	threatening to kill	/	DV jura	I could not work u	9	Childress,	15 Mar 2020	0219	
255	2 3.1	Finishing/attackin	3	tacticking	Cutting poin	threatening "with the	/	DV kan	He beat me badl	9	Childress,	20 Mar 2020	0220	
256	2 3.1	Finishing/attackin	3	tacticking	Cutting poin	threatening	/	DV act	Victims felt ashar	9	Childress,	20 Mar 2020	0221	
257	2 3.1	Finishing/attackin	3	tacticking	Cutting poin	threatening violence	/	DV pira	He always says,	9	Childress,	20 Mar 2020	0222	threaten
258	2 3.1	Finishing/attackin	3	tacticking	Cutting poin	death threats	/	DV met	He told me, "Just	9	Childress,	21 Mar 2020	0223	
259	2 3.1	Finishing/attackin	3	tacticking	Cutting poin	threatening slaughte	/	DV pha	He constantly thr	9	Childress,	21 Mar 2020	0224	
260	2 3.1	Finishing/attackin	4	contact	Stopping pe	shooting perpetrator	/	2	"The attack happ	4	Gumbi, M.	12 Mar 2020	0225	This is a
261	2 3.1	Finishing/attackin	4	tacticking	Stopping pe	reaching for gun	/	17	"I tried to reach n	4	Gumbi, M.	13 Mar 2020	0226	0208 At
262	2 3.1	Finishing/attackin	4	tacticking	Stopping pe	tossing gun	/	17	"I tried to reach n	4	Gumbi, M.	13 Mar 2020	0227	
263	2 3.1	Finishing/attackin	4	tacticking	Stopping pe	tossing gun again	/	17	"I tried to reach n	4	Gumbi, M.	13 Mar 2020	0228	
264	2 3.1	Finishing/attackin	4	tacticking	Stopping pe	managing space	/		Grounded theory	23	Johnson, f	26 Mar 2020	0229	
265	2 3.1	Finishing/attackin	4	tacticking	Stopping pe	managing time	/		Grounded theory	23	Johnson, f	26 Mar 2020	0230	
266	2 3.2	Finishing		0	Finishing up	unfinished business	/		Some Gestalt literatu	Potts, M. A	16 Mar 2020	0231		
267	2 3.2	Finishing		1	Relinquishing	letting worries go	/	DV ura	I grew psycholog	9	Childress,	15 Mar 2020	0232	
268	2 3.2	Finishing		1	Relinquishing	letting things go	/	Le DV nat	Other participant	9	Childress,	16 Mar 2020	0233	
269	2 3.2	Finishing		2	Banishing	cleansing to remove	/		my worded sumn	3	Mpata, M.	16 Mar 2020	0234	
270	2 3.2	Finishing		2	Banishing	feeling less anxious	/	Several	"Attackers think t	4	Gumbi, M.	13 Mar 2020	0235	
271	2 3.2	Finishing		2	Banishing	banishing fear	/	DV ura	I grew psycholog	9	Childress,	15 Mar 2020	0236	
272	2 4.1	Futuring/attackin	1	effect	Incapacitatir	feeling helpless	/	The vmp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0248	
273	2 4.1	Futuring/attackin	1	effecting	Incapacitatir	feeling helpless	/	DV jem	I started yelling a	9	Childress,	20 Mar 2020	0249	
274	2 4.1	Futuring/attackin	1	effect	Incapacitatir	freezing - could not	/	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0250	
275	2 4.1	Futuring/attackin	1	effect	Incapacitatir	freezing - wanting to	/	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0251	
276	2 4.1	Futuring/attackin	2	effect / cp 2	Expecting di	dying	/	At somp2	I was on my way	3	Mpata, M.	8 Mar 2020	0252	
277	2 4.1	Futuring/attackin	2	effect	Expecting di	fearing	/	Mpall	The findings of th	3	Mpata, M.	9 Mar 2020	0253	
278	2 4.1	Futuring/attackin	2	effect	Expecting di	freaking out	/	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0254	
279	2 4.1	Futuring/attackin	2	effect / cp 2	Expecting di	killing me / expectat	/	Mp1	I will not forget th	3	Mpata, M.	8 Mar 2020	0255	
280	2 4.1	Futuring/attackin	2	effect	Expecting di	scared / fear being k	/	Mp1	I will not forget th	3	Mpata, M.	8 Mar 2020	0256	
281	2 4.1	Futuring/attackin	3	effect/cp3	Shutting dov	fainting	/	The4.1	The first incident	3	Mpata, M.	9 Mar 2020	0257	
282	2 4.1	Futuring/attackin	3	effect / cp 3	Shutting dov	losing consciousness	/	Mp2	I was on my way	3	Mpata, M.	8 Mar 2020	0258	
283	2 4.1	Futuring/attackin	3	effect / cp 2	Shutting dov	thinking dying	/	Mp2	I was on my way	3	Mpata, M.	8 Mar 2020	0259	
284	2 4.2	Futuring		0	Futuring	future	/	Su DV ina	In my future, I ho	9	Childress,	16 Mar 2020	0260	
285	2 4.2	Futuring		0	Futuring	looking ahead	/	Sa DV ina	Goal setting and	9	Childress,	16 Mar 2020	0261	
286	2 4.2	Futuring		1	Organising	sorting things out	/	DV ina	Goal setting and	9	Childress,	16 Mar 2020	0262	
287	2 4.2	Futuring		1	Organising	sorting out	/	DV	self love. Respo	9	Childress,	16 Mar 2020	0263	
288	2 4.2	Futuring		2	Goalsetting	identifying	/	DV ina	Goal setting and	9	Childress,	16 Mar 2020	0264	
289	2 4.2	Futuring		2	Goalsetting	setting goals	/	DV ina	Goal setting and	9	Childress,	16 Mar 2020	0265	
290	2 4.2	Futuring		2	Goalsetting	having a dream	/	DV nat	I will live to serve	9	Childress,	16 Mar 2020	0266	
291	2 4.2	Futuring		2	Goalsetting	becoming a parliam	/	Re DV nat	I will live to serve	9	Childress,	16 Mar 2020	0267	
292	2 4.2	Futuring		3	Selfsupporting	some for me the res	/	DV nat	I will live to serve	9	Childress,	16 Mar 2020	0268	
293	2 4.2	Futuring		3	Selfsupporting	reducing gender ex	/			34	Simmons,	28 Mar 2020	0269	
294	2 4.2	Futuring		4	Connecting	reconnection	/		Grounded theory	12	Sammut S	25 Mar 2020	0156	
295	2 4.2	Futuring		4	Connecting	connecting socially	/		More urban adole	2	Manyema,	8 Mar 2020	0270	
296	2 4.2	Futuring		4	Connecting	connecting socially	/		Rural residents s	2	Manyema,	8 Mar 2020	0271	
297	2 4.2	Futuring		4	Connecting	involving family	/		my worded sumn	3	Mpata, M.	9 Mar 2020	0272	
298	2 4.2	Futuring		5	Strengthening	strengthening woma	/	DV nat	I changed for the	9	Childress,	16 Mar 2020	0273	
299	2 4.2	Futuring		5	Strengthening	becoming stronger	/	Cc DV ina	Goal setting and	9	Childress,	16 Mar 2020	0274	
300	2 4.2	Futuring		6	Achieving	achieving goals	/	In DV ina	In my future, I ho	9	Childress,	16 Mar 2020	0275	
301	2 4.2	Futuring		7	Contenting	regretting nothing	/	DV ura	I grew psycholog	9	Childress,	15 Mar 2020	0276	
302	2 5.1	Victoring/attackin	1	fighting	Deciding for	deciding never to re	/	At DV ara	This [experience]	9	Childress,	16 Mar 2020	0277	this is in
303	2 5.1	Victoring/attackin	1	fleeing	Deciding for	drawing the line	/	DVikan	He [the husband]	9	Childress,	20 Mar 2020	0278	
304	2 5.1	Victoring/attackin	1	fleeing	Deciding for	leaving difficulty	/	DV act	Because domest	9	Childress,	20 Mar 2020	0279	
305	2 5.1	Victoring/attackin	1	fighting / resi	Deciding for	refusing to live there	/	DV ara	This [experience]	9	Childress,	16 Mar 2020	0280	

No.	4or 3or	3rd level	2or 2no	2nd level	2nd lev. alt	1order: code	/ n m	type P, i	data	No.	source	date	0000	memo	
306	2	5.1	Victoring/attackin	1	response / ac	Deciding for	running off	/	Mp5	Friends of the de	3	Mpata, M.	9 Mar 2020	0281	
307	2	5.1	Victoring/attackin	2	fighting	Resisting	having backbone	/	If DV	He humiliated me	9	Childress,	15 Mar 2020	0282	
308	2	5.1	Victoring/attackin	2	fighting	Resisting	protecting verbally	/	DV	He humiliated me	9	Childress,	15 Mar 2020	0283	
309	2	5.1	Victoring/attackin	2	responding	Resisting	shooting back	/	16	"We were in the f	4	Gumbi, M.	13 Mar 2020	0284	
310	2	5.1	Victoring/attackin	2	fighting	Resisting	yelling	/	DV jem	I started yelling a	9	Childress,	20 Mar 2020	0285	
311	2	5.1	Victoring/attackin	3	effect	Receiving h	coming to help	/	If the Mp2	I was on my way	3	Mpata, M.	8 Mar 2020	0286	
312	2	5.1	Victoring/attackin	3	helping	Receiving h	helping during attack	/	several	"Attackers think t	4	Gumbi, M.	13 Mar 2020	0287	
313	2	5.1	Victoring/attackin	3	effect	Receiving h	helping victims	/	Mp2	I was on my way	3	Mpata, M.	8 Mar 2020	0288	
314	2	5.1	Victoring/attackin	3	contact/cp2	Receiving h	joining fight	/	Mp5	Friends of the de	3	Mpata, M.	9 Mar 2020	0289	
315	2	5.1	Victoring/attackin	3	helping	Receiving h	rescuing	/	Mp5	Thato managed t	3	Mpata, M.	9 Mar 2020	0290	
316	2	5.1	Victoring/attackin	3	effect	Receiving h	sleeping through	/	5	"They brought m	4	Gumbi, M.	12 Mar 2020	0291	
317	2	5.2	Victoring		0	Victoring			DV nat	I changed for the	9	Childress,	16 Mar 2020	0292	
318	2	5.2	Victoring		0	Victoring			DV nat	I changed for the	9	Childress,	16 Mar 2020	0293	
319	2	5.2	Victoring		0	Victoring			DV nat	Other participant	9	Childress,	16 Mar 2020	0294	
320	2	5.2	Victoring		0	Victoring			DV ina	In my future, I ho	9	Childress,	16 Mar 2020	0295	
321	2	5.2	Victoring		1	Determinating			Vi DV nat	I will live to serv	9	Childress,	16 Mar 2020	0296	
322	2	5.2	Victoring		1	Determinating			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0297	
323	2	5.2	Victoring		1	Determinating			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0298	
324	2	5.2	Victoring		1	Determinating			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0299	
325	2	5.2	Victoring		2	Welcoming			DV ina	In my future, I ho	9	Childress,	16 Mar 2020	0300	liberation
326	2	5.2	Victoring		3	Helping				Target hardening	1	Fry, L. J.	7 Mar 2020	0301	enforcin
327	2	5.2	Victoring		3	Helping				Grounded theory	16	Gomes, N	25 Mar 2020	0302	
328	2	5.2	Victoring		3	Helping			DV ina	In my future, I ho	9	Childress,	16 Mar 2020	0308	
329	2	5.2	Victoring		3	Helping			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0304	
330	2	5.2	Victoring		3	Helping			DV ina	In my future, I ho	9	Childress,	16 Mar 2020	0307	
331	2	5.2	Victoring		3	Helping			DV ina	In my future, I ho	9	Childress,	16 Mar 2020	0309	
332	2	5.2	Victoring		3	Helping			DV ina	In my future, I ho	9	Childress,	16 Mar 2020	0305	
333	2	5.2	Victoring		3	Helping			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0312	
334	2	5.2	Victoring		3	Helping			DV nat	To those, who ar	9	Childress,	16 Mar 2020	0316	
335	2	5.2	Victoring		3	Helping			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0314	
336	2	5.2	Victoring		3	Helping			DV nat	To those, who ar	9	Childress,	16 Mar 2020	0317	
337	2	5.2	Victoring		3	Helping			DV ina	In my future, I ho	9	Childress,	16 Mar 2020	0306	
338	2	5.2	Victoring		3	Helping			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0310	
339	2	5.2	Victoring		3	Helping			codes 030	Target hardening	1	Fry, L. J.	7 Mar 2020	0303	
340	2	5.2	Victoring		3	Helping			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0311	
341	2	5.2	Victoring		3	Helping			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0313	
342	2	5.2	Victoring		3	Helping			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0315	
343	2	5.2	Victoring		4	Contributing			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0321	
344	2	5.2	Victoring		4	Contributing				Interpersonal viol	30	Schreiber,	28 Mar 2020	0323	
345	2	5.2	Victoring		4	Contributing				Interpersonal viol	30	Schreiber,	28 Mar 2020	0324	
346	2	5.2	Victoring		4	Contributing			co DV	There were mom	9	Childress,	21 Mar 2020	0318	
347	2	5.2	Victoring		4	Contributing				Interpersonal viol	30	Schreiber,	28 Mar 2020	0325	
348	2	5.2	Victoring		4	Contributing			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0319	
349	2	5.2	Victoring		4	Contributing			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0322	
350	2	5.2	Victoring		4	Contributing			DV nat	I will live to serve	9	Childress,	16 Mar 2020	0320	
351	2	5.2	Victoring		5	Benefitting			DV ara	This [experience]	9	Childress,	16 Mar 2020	0326	
352	2	5.2	Victoring		6	Increasing			DV ura	I grew psycholog	9	Childress,	15 Mar 2020	0327	
353	2	5.2	Victoring		7	Growing			DV ura	I grew psycholo	9	Childress,	15 Mar 2020	0328	
354	2	5.2	Victoring		7	Growing			DV nat	Other participant	9	Childress,	16 Mar 2020	0329	
355	2	5.2	Victoring		7	Growing			DV ina	Goal setting and	9	Childress,	16 Mar 2020	0330	
356	2	5.2	Victoring		7	Growing			DVimpa	Resiliency in the	9	Childress,	16 Mar 2020	0331	
357	3	1	Attacking		1.2.	contact / cutting point			Mp2	I was on my way	3	Mpata, M.	8 Mar 2020	0368	2 The c
358	3	1	Attacking		1.2.	contacting			DV act	Continual exposu	9	Childress,	20 Mar 2020	0369	
359	3	1	Attacking		1.2.	contacting			DVpara	He beat me tellin	9	Childress,	20 Mar 2020	0370	
360	3	1	Attacking		1.2.	contacting			DVpara	It takes one hour	9	Childress,	21 Mar 2020	0371	
361	3	1	Attacking		1.2.	contacting			DV nat	I worked [as a re	9	Childress,	21 Mar 2020	0372	
362	3	1	Attacking		1.2.	contact/cp2			Mp4.1	The first incident	3	Mpata, M.	9 Mar 2020	0373	
363	3	1	Attacking		1.2.	contacting			DV jem	I started yelling a	9	Childress,	20 Mar 2020	0374	
364	3	1	Attacking		1.2.	contacting			DVikan	He [the husband]	9	Childress,	20 Mar 2020	0375	
365	3	1	Attacking		1.2.	contacting			DV kan	He beat me badl	9	Childress,	20 Mar 2020	0376	crazy-st
366	3	1	Attacking		1.2.	contacting			DV jina	There were some	9	Childress,	21 Mar 2020	0377	
367	3	1	Attacking		1.2.	contacting			DV pha	Through these fif	9	Childress,	21 Mar 2020	0378	
368	3	1	Attacking		1.2.	contacting			DV nira	My husband burr	9	Childress,	20 Mar 2020	0379	

No.	4or 3or	3rd level	2or 1	2nd level	2nd lev. alt	1order: code	/ n m	type P, i data	No.	source	date	0000	memo
369	3	1	Attacking	1.2. contact		covering heads	/	8 "... Five attackers	4	Gumbi, M.	12 Mar 2020	0380	
370	3	1	Attacking	1.2. contact		dragging kids	/	4 "At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0381	
371	3	1	Attacking	1.2. contact/cp1		dragging out	/	Mp5 Thato managed t	3	Mpata, M.	9 Mar 2020	0382	4 the thi
372	3	1	Attacking	1.2. contact/cp2		fighting over keys	/	Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0383	
373	3	1	Attacking	1.2. contact		grabbing	/	5 "They brought me	4	Gumbi, M.	12 Mar 2020	0384	
374	3	1	Attacking	1.2. contact / cutting point		grabbing neck	/	rape/p1 I will not forget th	3	Mpata, M.	8 Mar 2020	0385	0? The f
375	3	1	Attacking	1.2. contacting		hit on head	/	17 "I tried to reach n	4	Gumbi, M.	13 Mar 2020	0386	
376	3	1	Attacking	1.2. contacting		hit with a cup	/	DV met If I prepared a me	9	Childress,	21 Mar 2020	0387	
377	3	1	Attacking	1.2. contact		hit with iron bar	/	2 "The attack happ	4	Gumbi, M.	12 Mar 2020	0388	
378	3	1	Attacking	1.2. contacting		hitting	/	DV pira In the morning I s	9	Childress,	20 Mar 2020	0389	
379	3	1	Attacking	1.2. contacting		hitting	/	18 "I gave them the	4	Gumbi, M.	13 Mar 2020	0390	
380	3	1	Attacking	1.2. contact		hitting hard	/	Mp2 I was on my way	3	Mpata, M.	8 Mar 2020	0391	1 Conta
381	3	1	Attacking	1.2. contacting		hitting on head with	/	23 "They took me in	4	Gumbi, M.	13 Mar 2020	0392	
382	3	1	Attacking	1.2. contacting		hitting with knofe	/	DV kan He beat me badly	9	Childress,	20 Mar 2020	0393	
383	3	1	Attacking	1.2. contacting		hitting women on he	/	19 "They hit my wife	4	Gumbi, M.	13 Mar 2020	0394	
384	3	1	Attacking	1.2. contacting		kicking	/	DV pira In the morning I s	9	Childress,	20 Mar 2020	0395	
385	3	1	Attacking	1.2. contacting		piercing with forks	/	DV pha Through these fif	9	Childress,	21 Mar 2020	0396	
386	3	1	Attacking	1.2. contacting		pointing gun	/	DV igul My husband kept	9	Childress,	21 Mar 2020	0397	
387	3	1	Attacking	1.2. contacting		pulling by head	/	23 "They took me in	4	Gumbi, M.	13 Mar 2020	0398	
388	3	1	Attacking	1.2. contact / cutting point 3		raping	/	Mp1 I will not forget th	3	Mpata, M.	8 Mar 2020	0399	3 The se
389	3	1	Attacking	1.2. contact/cp2		shooting arm	/	Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0400	
390	3	1	Attacking	1.2. contacting		shooting ceiling	/	DV igul My husband kept	9	Childress,	21 Mar 2020	0401	
391	3	1	Attacking	1.2. contacting		shooting in head	/	16 "We were in the l	4	Gumbi, M.	13 Mar 2020	0402	
392	3	1	Attacking	1.2. contact		shooting perpetrator	/	2 "The attack happ	4	Gumbi, M.	12 Mar 2020	0403	This is a
393	3	1	Attacking	1.2. contacting		slapping in face	/	DV jem I started yelling a	9	Childress,	20 Mar 2020	0404	
394	3	1	Attacking	1.2. contact		taking rings	/	8 "... Five attackers	4	Gumbi, M.	12 Mar 2020	0405	
395	3	1	Attacking	1.2. contact		throwing	/	5 "They brought me	4	Gumbi, M.	12 Mar 2020	0406	
396	3	1	Attacking	1.2. contacting		throwing child away	/	DV para He beat me tellin	9	Childress,	20 Mar 2020	0407	
397	3	1	Attacking	1.2. contacting		throwing knives at	/	DV pha Through these fif	9	Childress,	21 Mar 2020	0408	
398	3	1	Attacking	1.2. contacting		throwing outside	/	DV ara This [experience]	9	Childress,	16 Mar 2020	0409	
399	3	1	Attacking	1.2. contacting		throwing things at	/	DV pha Through these fif	9	Childress,	21 Mar 2020	0410	
400	3	1	Attacking	1.2. contact		tying kids	/	4 "At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0411	
401	3	1	Attacking	1.2. contact		tying up	/	Victims 5 "They brought me	4	Gumbi, M.	12 Mar 2020	0412	
402	3	1	Attacking	1.2. contact		tying wrists	/	5 One of the respo	4	Gumbi, M.	12 Mar 2020	0413	
403	3	1	Attacking	1.2. contacting		dragging to bedroom	/	18 "I gave them the	4	Gumbi, M.	13 Mar 2020	0414	0368
404	3	1	Attacking	1.3. tactic/cp1		accusing victim	/	Mp5 It all began at a p	3	Mpata, M.	9 Mar 2020	0415	
405	3	1	Attacking	1.3. tactic		appearing from now	/	Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0416	
406	3	1	Attacking	1.3. tactic		approaching victim	/	Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0417	
407	3	1	Attacking	1.3. tactic		arguing	/	Mp5 It all began at a p	3	Mpata, M.	9 Mar 2020	0418	
408	3	1	Attacking	1.3. tactic: conversing		asking destination	/	Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0419	
409	3	1	Attacking	1.3. tactic		asking for keys	/	8 "... Five attackers	4	Gumbi, M.	12 Mar 2020	0420	
410	3	1	Attacking	1.3. tactic		asking to put hands	/	4 "At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0421	
411	3	1	Attacking	1.3. tactic		asking wife	/	5 "They brought me	4	Gumbi, M.	12 Mar 2020	0422	
412	3	1	Attacking	1.3. tactic		attacking	/	Mp4.1 The first incident	3	Mpata, M.	9 Mar 2020	0423	
413	3	1	Attacking	1.3. tactic		blocking mouth	/	Mp1 I will not forget th	3	Mpata, M.	8 Mar 2020	0424	
414	3	1	Attacking	1.3. tactic		breaking bars	/	2 "The attackers w	4	Gumbi, M.	12 Mar 2020	0425	
415	3	1	Attacking	1.3. tactic		carrying bags with c	/	8 "... Five attackers	4	Gumbi, M.	12 Mar 2020	0426	
416	3	1	Attacking	1.3. tactic		carrying guns	/	Mp4 Tumelo was expr	3	Mpata, M.	9 Mar 2020	0427	
417	3	1	Attacking	1.3. tactic		chasing	/	Mp5 Friends of the de	3	Mpata, M.	9 Mar 2020	0428	
418	3	1	Attacking	1.3. tactic		climbing through	/	2 "The attackers w	4	Gumbi, M.	12 Mar 2020	0429	
419	3	1	Attacking	1.3. tactic		collusion - showing :	/	2 "The attackers w	4	Gumbi, M.	12 Mar 2020	0430	
420	3	1	Attacking	1.3. tacticking		cutting carpet	/	18 "I gave them the	4	Gumbi, M.	13 Mar 2020	0431	
421	3	1	Attacking	1.3. tactic: conversing		declaring a need - lc	/	Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0432	
422	3	1	Attacking	1.3. tactic: conversing		declaring a need - n	/	Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0433	
423	3	1	Attacking	1.3. tactic		demanding alive frie	/	Mp5 Thato managed t	3	Mpata, M.	9 Mar 2020	0434	
424	3	1	Attacking	1.3. tacticking		demanding money	/	23 "They took me in	4	Gumbi, M.	13 Mar 2020	0435	
425	3	1	Attacking	1.3. tacticking		demanding money a	/	19 "They hit my wife	4	Gumbi, M.	13 Mar 2020	0436	
426	3	1	Attacking	1.3. tacticking		demanding to open	/	23 "They took me in	4	Gumbi, M.	13 Mar 2020	0437	
427	3	1	Attacking	1.3. tactic		demanding to show	/	4 "At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0438	
428	3	1	Attacking	1.3. tacticking		distracting from worl	/	DV pura I could not work u	9	Childress,	15 Mar 2020	0439	
429	3	1	Attacking	1.3. tactic		forcing inside	/	Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0440	
430	3	1	Attacking	1.3. tactic		forcing me to drive	/	Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0441	
431	3	1	Attacking	1.3. tactic		going to kid's rooms	/	4 "At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0442	

No.	4or 3or	3rd level	2or 1	2nd level	2nd lev. alt	1order: code	/ n m	type P, i	data	No.	source	date	0000	memo
432	3	1	Attacking	1.3. tactic		going to secret place	/	2	"The attackers w	4	Gumbi, M.	12 Mar 2020	0443	
433	3	1	Attacking	1.3. tacticking		hiding	/ v	16	"We were in the f	4	Gumbi, M.	13 Mar 2020	0444	
434	3	1	Attacking	1.3. tactic		instructing	/	Mp1	I will not forget th	3	Mpata, M.	8 Mar 2020	0445	
435	3	1	Attacking	1.3. tacticking		instructing to lie face	/	18	"I gave them the	4	Gumbi, M.	13 Mar 2020	0446	
436	3	1	Attacking	1.3. tactic		lying down	/ v	8	"... Five attackers	4	Gumbi, M.	12 Mar 2020	0447	
437	3	1	Attacking	1.3. tactic		naming	/	Mp5	Thato managed t	3	Mpata, M.	9 Mar 2020	0448	
438	3	1	Attacking	1.3. tactic		outnumbering	/	Mp2	I was on my way	3	Mpata, M.	8 Mar 2020	0450	
439	3	1	Attacking	1.3. tactic		pointing firearms	/	8	"... Five attackers	4	Gumbi, M.	12 Mar 2020	0451	
440	3	1	Attacking	1.3. tactic/cp3?		putting in bag	/	5	"They brought m	4	Gumbi, M.	12 Mar 2020	0452	
441	3	1	Attacking	1.3. tactic		reaching the car	/	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0453	
442	3	1	Attacking	1.3. tactic		running out of house	/	assf2p2	I was on my way	3	Mpata, M.	8 Mar 2020	0454	
443	3	1	Attacking	1.3. tacticking		shooting without wa	/	16	"We were in the f	4	Gumbi, M.	13 Mar 2020	0455	
444	3	1	Attacking	1.3. tacticking		shouting threat to kil	/	The 16	"We were in the f	4	Gumbi, M.	13 Mar 2020	0456	
445	3	1	Attacking	1.3. tactic		strangling	/	Mp1	I will not forget th	3	Mpata, M.	8 Mar 2020	0457	
446	3	1	Attacking	1.3. tactic		surprising	/	Mp1	I will not forget th	3	Mpata, M.	8 Mar 2020	0458	
447	3	1	Attacking	1.3. tactic		surprising return	/	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0459	
448	3	1	Attacking	1.3. tacticking		taking in	/	23	"They took me in	4	Gumbi, M.	13 Mar 2020	0460	
449	3	1	Attacking	1.3. tactic		threatening to kill	/	Mp5	Thato managed t	3	Mpata, M.	9 Mar 2020	0461	A perpe
450	3	1	Attacking	1.3. tactic/cp?		threatening to shoot	/	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0462	
451	3	1	Attacking	1.3. tactic		tripping	/	Mp1	I will not forget th	3	Mpata, M.	8 Mar 2020	0463	A knowl
452	3	1	Attacking	1.3. tactic		unlocking	/	2	"The attackers w	4	Gumbi, M.	12 Mar 2020	0449	
453	3	1	Attacking	1.3. tactic		walking away	/	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0464	
454	3	1	Attacking	1.3. tactic		walking back	/	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0465	
455	3	1	Attacking	1.3. effect		defending, not	/ v	Mp2	I was on my way	3	Mpata, M.	8 Mar 2020	0466	
456	3	1	Attacking	1.3. effect		falling down	/ v	Mp1	I will not forget th	3	Mpata, M.	8 Mar 2020	0467	
457	3	1	Attacking	1.3. effect/cp3		incapacitating	/ v	Mp4.2	The second incid	3	Mpata, M.	9 Mar 2020	0468	
458	3	1	Attacking	1.3. effect		reluctanting	/ v	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0469	to the e:
459	3	1	Attacking	1.4. responding		carelessing	/ Vi	DV jem	I started yelling a	9	Childress,	20 Mar 2020	0470	
460	3	1	Attacking	1.4. responding		explaining no money	/	18	"I gave them the	4	Gumbi, M.	13 Mar 2020	0504	
461	3	1	Attacking	1.4. responding		gambling - perp	/	DVeem	He stopped using	9	Childress,	20 Mar 2020	0471	
462	3	1	Attacking	1.4. responding		getting up	/	5	"They brought m	4	Gumbi, M.	12 Mar 2020	0505	
463	3	1	Attacking	1.4. responding		giving safe key	/	bind 18	"I gave them the	4	Gumbi, M.	13 Mar 2020	0506	
464	3	1	Attacking	1.4. responding		putting on light	/	5	"They brought m	4	Gumbi, M.	12 Mar 2020	0508	
465	3	1	Attacking	1.4. responding		screaming	/	16	"We were in the f	4	Gumbi, M.	13 Mar 2020	0472	
466	3	1	Attacking	1.4. responding		taking weapons - pe	/	17	"I tried to reach n	4	Gumbi, M.	13 Mar 2020	0498	
467	3	1	Attacking	1.4. responding		talking on phone - pi	/	18	"I gave them the	4	Gumbi, M.	13 Mar 2020	0499	
468	3	1	Attacking	1.4. responding		telling no money	/	23	"They took me in	4	Gumbi, M.	13 Mar 2020	0500	
469	3	1	Attacking	1.4. responding		tossing phone	/	16	"We were in the f	4	Gumbi, M.	13 Mar 2020	0501	
470	3	1	Attacking	1.4. response / acquiescing		acquiesce - not	/ "n	DV nat	I will live to serve	9	Childress,	16 Mar 2020	0473	in the pr
471	3	1	Attacking	1.4. response / acquiescing		behaving helpless	/	DViura	He humiliated me	9	Childress,	15 Mar 2020	0474	
472	3	1	Attacking	1.4. response / acquiescing		complying	/	Mp1	I will not forget th	3	Mpata, M.	8 Mar 2020	0475	
473	3	1	Attacking	1.4. response / acquiescing		continuing with perp	/	DViura	He humiliated me	9	Childress,	15 Mar 2020	0476	
474	3	1	Attacking	1.4. response / acquiescing		cycling viciously	/	DV iact	Because domest	9	Childress,	20 Mar 2020	0477	
475	3	1	Attacking	1.4. response / acquiescing		dying - perp	/	2	"The attack happ	4	Gumbi, M.	12 Mar 2020	0478	
476	3	1	Attacking	1.4. response / acquiescing		falling - perp	/	2	"The attack happ	4	Gumbi, M.	12 Mar 2020	0479	The per
477	3	1	Attacking	1.4. response / acquiescing		getting out	/	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0480	
478	3	1	Attacking	1.4. response / acquiescing		going back	/	DV ara	This [experience]	9	Childress,	16 Mar 2020	0481	this is a
479	3	1	Attacking	1.4. response / acquiescing		letting them in	/	Mp3	It was on Tuesda	3	Mpata, M.	9 Mar 2020	0482	
480	3	1	Attacking	1.4. response / acquiescing		nodding	/	Mp1	I will not forget th	3	Mpata, M.	8 Mar 2020	0483	
481	3	1	Attacking	1.4. response / acquiescing		not resisting	/	DV iira	I realized that I w	9	Childress,	20 Mar 2020	0484	
482	3	1	Attacking	1.4. response / acquiescing		opening door	/	Mp5	Thato managed t	3	Mpata, M.	9 Mar 2020	0485	
483	3	1	Attacking	1.4. response / acquiescing		putting hand up	/	4	"At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0486	
484	3	1	Attacking	1.4. response / acquiescing		repeating fate	/	DV nat	I will live to serve	9	Childress,	16 Mar 2020	0487	
485	3	1	Attacking	1.4. response / acquiescing		resigning to her lot	/	DV jem	I started yelling a	9	Childress,	20 Mar 2020	0488	
486	3	1	Attacking	1.4. response / acquiescing		revealing safe locati	/	2	"The attackers w	4	Gumbi, M.	11 Mar 2020	0489	
487	3	1	Attacking	1.4. response / acquiescing		running away - perp	/	2	"The attack happ	4	Gumbi, M.	12 Mar 2020	0490	Running
488	3	1	Attacking	1.4. response / acquiescing		screaming - not	/	Mp1	I will not forget th	3	Mpata, M.	8 Mar 2020	0492	
489	3	1	Attacking	1.4. response / acquiescing		screaming, not	/	Mp1	I will not forget th	3	Mpata, M.	8 Mar 2020	0493	
490	3	1	Attacking	1.4. response / acquiescing		screaming, not	/	Mp1	I will not forget th	3	Mpata, M.	8 Mar 2020	0494	
491	3	1	Attacking	1.4. response / acquiescing		showing	/	4	"At 12:30am my l	4	Gumbi, M.	12 Mar 2020	0495	
492	3	1	Attacking	1.4. response / acquiescing		stopping jealousy	/	DV iira	In the morning I s	9	Childress,	20 Mar 2020	0496	
493	3	1	Attacking	1.4. response / acquiescing		subjecting totally	/ St	DViura	I obeyed him with	9	Childress,	21 Mar 2020	0497	
494	3	1	Attacking	1.4. response / acquiescing		uncertaining	/	DViura	He humiliated me	9	Childress,	15 Mar 2020	0502	

No.	4or 3or	3rd level	2or 1	2nd level	2nd lev. alt	1order: code	/ n m type P, i data	No.	source	date	0000	memo
495	3	1	Attacking	1.4. response / acquiescing		z - running off	/ / Mp5 Friends of the de	3	Mpata, M.	9 Mar 2020	0491	
496	3	1	Attacking	1.4. response / fighting		denying request	/ / Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0503	
497	3	1	Attacking	1.4. response / fighting		going to work	/ / goingMp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0507	
498	3	1	Attacking	1.4. response / fighting		refusing	/ / Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0509	
499	3	1	Attacking	1.4. response / fighting		remaining inside	/ / Mp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0510	
500	3	1	Attacking	1.4. response / fighting		screaming for help	/ / Mp2 I was on my way	3	Mpata, M.	8 Mar 2020	0511	
501	3	1	Attacking	1.4. response / fighting		shouting	/ / 5 "They brought me	4	Gumbi, M.	12 Mar 2020	0512	
502	3	1	Attacking	1.4. response / fighting		starting car	/ / VictimMp3 It was on Tuesda	3	Mpata, M.	9 Mar 2020	0513	
503	3	1	Attacking	1.4. helping		chasing perp	/ / ReceiMp5 Friends of the de	3	Mpata, M.	9 Mar 2020	0515	
504	3	1	Attacking	1.4. helping/cp2		corroborating victim	/ / Mp5 Thato managed t	3	Mpata, M.	9 Mar 2020	0516	
505	3	1	Attacking	1.4. helping		dying perp	/ / Mp5 Thato managed t	3	Mpata, M.	9 Mar 2020	0517	
506	3	1	Attacking	1.4. helping		fighting perp	/ / Mp5 Thato managed t	3	Mpata, M.	9 Mar 2020	0518	
507	3	1	Attacking	1.4. helping		lacking protecting	/ / DV para Then after I deliv	9	Childress,	20 Mar 2020	0519	
508	3	1	Attacking	1.4. helping		running-off	/ / Mp5 Thato managed t	3	Mpata, M.	9 Mar 2020	0520	
509	3	1	Attacking	1.4. helping		stabbing perp	/ / Mp5 Thato managed t	3	Mpata, M.	9 Mar 2020	0521	
510	3	1	Attacking	1.4. helping		tackling perp	/ / bravMp5 Thato managed t	3	Mpata, M.	9 Mar 2020	0514	0514
511	3	1	Attacking	1.4. helping		trapping—nowhere-t	/ / DV para He cheats with gi	9	Childress,	20 Mar 2020	0522	
512	3	1	Attacking	1.4. helping		tripping perpetrator	/ / 2 "The attack happ	4	Gumbi, M.	12 Mar 2020	0523	Tripping
513	3	1	Attacking	1.4. helping		upsetting	/ / Mp5 Friends of the de	3	Mpata, M.	9 Mar 2020	0524	0524
514	3	2	Aftermathing	2.1. evaluating		embarrassing	/ / In theMp4 Tumelo was expr	3	Mpata, M.	9 Mar 2020	0525	
515	3	2	Aftermathing	2.1. evaluating		motivating	/ / Mp2 I was on my way	3	Mpata, M.	8 Mar 2020	0526	
516	3	2	Aftermathing	2.1. evaluating		opening up	/ / Mp3 Lethabo was tear	3	Mpata, M.	9 Mar 2020	0527	
517	3	2	Aftermathing	2.1. evaluating		relaxing	/ / Mp3 Lethabo was tear	3	Mpata, M.	9 Mar 2020	0528	
518	3	2	Aftermathing	2.1. evaluating		reliving	/ / Mp3 Lethabo was tear	3	Mpata, M.	9 Mar 2020	0529	
519	3	2	Aftermathing	2.1. evaluating		robbing, not	/ / Mp2 I was on my way	3	Mpata, M.	8 Mar 2020	0530	
520	3	2	Aftermathing	2.1. evaluating		suspecting	/ / 5 "They brought me	4	Gumbi, M.	12 Mar 2020	0531	
521	3	2	Aftermathing	2.1. impacting		aborting	/ / DVimpa Violent spousal a	9	Childress,	21 Mar 2020	0532	
522	3	2	Aftermathing	2.1. impacting		affecting children	/ / DVisha My [six year old]	9	Childress,	21 Mar 2020	0533	
523	3	2	Aftermathing	2.1. impacting		alerting	/ / 7 Respondent seve	4	Gumbi, M.	12 Mar 2020	0535	Being al
524	3	2	Aftermathing	2.1. impacting		apprehending	/ / Mp5 He became emot	3	Mpata, M.	9 Mar 2020	0536	
525	3	2	Aftermathing	2.1. impacting		being indecisive	/ / DV ara This [experience]	9	Childress,	16 Mar 2020	0600	
526	3	2	Aftermathing	2.1. impacting		braving	/ / 7 Respondent seve	4	Gumbi, M.	12 Mar 2020	0537	
527	3	2	Aftermathing	2.1. impacting		closing up	/ / Mp2 He looked sad w	3	Mpata, M.	8 Mar 2020	0540	
528	3	2	Aftermathing	2.1. impacting		concussing	/ / DVimat I have had many	9	Childress,	21 Mar 2020	0541	
529	3	2	Aftermathing	2.1. impacting		concussing	/ / DV jina There were some	9	Childress,	21 Mar 2020	0542	
530	3	2	Aftermathing	2.1. impacting		concussion	/ / DVinira Damira also suffe	9	Childress,	20 Mar 2020	0543	
531	3	2	Aftermathing	2.1. impacting		cross-eyed	/ / DVinira Damira also suffe	9	Childress,	20 Mar 2020	0544	
532	3	2	Aftermathing	2.1. impacting		crying	/ / Mp3 Lethabo was tear	3	Mpata, M.	9 Mar 2020	0545	
533	3	2	Aftermathing	2.1. impacting		crying a lot	/ / DV ina Goal setting and	9	Childress,	16 Mar 2020	0601	
534	3	2	Aftermathing	2.1. impacting		cycle of violence	/ / DViara My child was cryi	9	Childress,	21 Mar 2020	0546	
535	3	2	Aftermathing	2.1. impacting		despairing	/ / DVisha There were mom	9	Childress,	21 Mar 2020	0547	
536	3	2	Aftermathing	2.1. impacting		destroying self-value	/ / Vi impigs] Women experien	9	Childress,	15 Mar 2020	0598	
537	3	2	Aftermathing	2.1. impacting		discomforting	/ / Mp5 He became emot	3	Mpata, M.	9 Mar 2020	0548	
538	3	2	Aftermathing	2.1. impacting		disliking	/ / DV jem I have no friends.	9	Childress,	20 Mar 2020	0549	
539	3	2	Aftermathing	2.1. impacting		emoting	/ / Mp5 He became emot	3	Mpata, M.	9 Mar 2020	0550	
540	3	2	Aftermathing	2.1. impacting		enraged	/ / Mp1 It was also appar	3	Mpata, M.	8 Mar 2020	0551	
541	3	2	Aftermathing	2.1. impacting		fear - affecting victim	/ / 7 Respondent seve	4	Gumbi, M.	12 Mar 2020	0534	
542	3	2	Aftermathing	2.1. impacting		fearing	/ / Mpall The findings of th	3	Mpata, M.	9 Mar 2020	0552	
543	3	2	Aftermathing	2.1. impacting		fearing constantly	/ / DV act Because domest	9	Childress,	20 Mar 2020	0553	
544	3	2	Aftermathing	2.1. impacting		fearing constantly	/ / DV pira In the morning I s	9	Childress,	20 Mar 2020	0554	
545	3	2	Aftermathing	2.1. impacting		feeling heartbroken	/ / 9 "The head of dete	4	Gumbi, M.	13 Mar 2020	0555	
546	3	2	Aftermathing	2.1. impacting		feeling insecure	/ / DV jura I could not work u	9	Childress,	15 Mar 2020	0602	
547	3	2	Aftermathing	2.1. impacting		feeling suicidal	/ / impigs] Women experien	9	Childress,	15 Mar 2020	0556	
548	3	2	Aftermathing	2.1. impacting		fluctuating	/ / Mp5 He became emot	3	Mpata, M.	9 Mar 2020	0557	
549	3	2	Aftermathing	2.1. impacting		fragile - breaking a f	/ / DViara They [women] an	9	Childress,	21 Mar 2020	0538	
550	3	2	Aftermathing	2.1. impacting		getting nervous	/ / DV ura I grew psycholog	9	Childress,	15 Mar 2020	0603	
551	3	2	Aftermathing	2.1. impacting		giving up	/ / impigs] Women experien	9	Childress,	15 Mar 2020	0604	
552	3	2	Aftermathing	2.1. impacting		guilting	/ / DV act Because domest	9	Childress,	20 Mar 2020	0558	
553	3	2	Aftermathing	2.1. impacting		harming spine	/ / DV kan He beat me badl	9	Childress,	20 Mar 2020	0559	
554	3	2	Aftermathing	2.1. impacting		hearing loss	/ / DVinira Damira also suffe	9	Childress,	20 Mar 2020	0560	
555	3	2	Aftermathing	2.1. impacting		helplessness	/ / DV act Because domest	9	Childress,	20 Mar 2020	0561	
556	3	2	Aftermathing	2.1. impacting		humiliating	/ / Mp1 She constantly e	3	Mpata, M.	8 Mar 2020	0562	
557	3	2	Aftermathing	2.1. impacting		impoverishing	/ / Mp1 It was also appar	3	Mpata, M.	8 Mar 2020	0563	

No.	4or 3or	3rd level	2or 2no	2nd level	2nd lev. alt	1order: code	/ n m	type P, i data	No.	source	date	0000	memo
558	3	2	Aftermathing	2.1. impacting		impoverishing	/	Mp2 He looked sad w	3	Mpata, M.	8 Mar 2020	0564	
559	3	2	Aftermathing	2.1. impacting		impoverishing	/	Mp3 Throughout the ir	3	Mpata, M.	9 Mar 2020	0565	
560	3	2	Aftermathing	2.1. impacting		impoverishing	/	Mp4 Tumelo was re-vi	3	Mpata, M.	9 Mar 2020	0566	
561	3	2	Aftermathing	2.1. impacting		impoverishing	/	Mp5 He became emot	3	Mpata, M.	9 Mar 2020	0567	
562	3	2	Aftermathing	2.1. impacting		imprisoning	/	7 Respondent seve	4	Gumbi, M.	12 Mar 2020	0568	
563	3	2	Aftermathing	2.1. impacting		incapacitating childr	/	DVikan He [the husband]	9	Childress,	20 Mar 2020	0569	
564	3	2	Aftermathing	2.1. impacting		injuring	/	DV pira In the morning I s	9	Childress,	20 Mar 2020	0570	
565	3	2	Aftermathing	2.1. impacting		kidney damage	/	DViara I am losing my he	9	Childress,	21 Mar 2020	0571	
566	3	2	Aftermathing	2.1. impacting		living a nightmare	/	DV jura I could not work u	9	Childress,	15 Mar 2020	0605	
567	3	2	Aftermathing	2.1. impacting		living for no reason	/	impigs] Women experien	9	Childress,	15 Mar 2020	0599	
568	3	2	Aftermathing	2.1. impacting		living with difficulty	/	DV nat I changed for the	9	Childress,	16 Mar 2020	0606	
569	3	2	Aftermathing	2.1. impacting		looking depressed	/	Mp3 Lethabo was tear	3	Mpata, M.	9 Mar 2020	0572	
570	3	2	Aftermathing	2.1. impacting		looking sad	/	Mp2 He looked sad w	3	Mpata, M.	8 Mar 2020	0573	
571	3	2	Aftermathing	2.1. impacting		losing health	/	DViina I lost my health. I	9	Childress,	21 Mar 2020	0574	
572	3	2	Aftermathing	2.1. impacting		losing health	/	DVirina Violent spousal a	9	Childress,	21 Mar 2020	0575	
573	3	2	Aftermathing	2.1. impacting		losing hope	/	Mp3 Throughout the ir	3	Mpata, M.	9 Mar 2020	0576	
574	3	2	Aftermathing	2.1. impacting		nervous disorder	/	DViara I suffer from a ne	9	Childress,	21 Mar 2020	0577	
575	3	2	Aftermathing	2.1. impacting		paining	/	DVimpa Repeated abuse	9	Childress,	21 Mar 2020	0578	
576	3	2	Aftermathing	2.1. impacting		powerlessness	/	DV iact Because domest	9	Childress,	20 Mar 2020	0579	
577	3	2	Aftermathing	2.1. impacting		preventing writing	/	5 One of the respo	4	Gumbi, M.	12 Mar 2020	0580	
578	3	2	Aftermathing	2.1. impacting		psychological distre	/	Interpersonal viol	26	Weaver, T	26 Mar 2020	0593	
579	3	2	Aftermathing	2.1. impacting		psychological distre	/	Interpersonal viol	27	Romito, P.	26 Mar 2020	0594	
580	3	2	Aftermathing	2.1. impacting		saddening	/	Mp4.1 Tumelo was expr	3	Mpata, M.	9 Mar 2020	0581	
581	3	2	Aftermathing	2.1. impacting		selfhurting - burning	/	DViisha There were mom	9	Childress,	21 Mar 2020	0539	
582	3	2	Aftermathing	2.1. impacting		shaming	/	DV iact Because domest	9	Childress,	20 Mar 2020	0582	
583	3	2	Aftermathing	2.1. impacting		shocking	/	DVjura Often physical vi	9	Childress,	15 Mar 2020	0607	
584	3	2	Aftermathing	2.1. impacting		sitting outside	/	7 Respondent seve	4	Gumbi, M.	12 Mar 2020	0583	
585	3	2	Aftermathing	2.1. impacting		sleep deprivation	/	DViisha At first I thought I	9	Childress,	21 Mar 2020	0584	
586	3	2	Aftermathing	2.1. impacting		stabbing fear	/	DViara Fear and uncerta	9	Childress,	21 Mar 2020	0585	
587	3	2	Aftermathing	2.1. impacting		suiciding	/	DViisha There were mom	9	Childress,	21 Mar 2020	0586	
588	3	2	Aftermathing	2.1. impacting		swelling hands	/	5 One of the respo	4	Gumbi, M.	12 Mar 2020	0587	
589	3	2	Aftermathing	2.1. impacting		tranquilling	/	Mp4.2 Tumelo was expr	3	Mpata, M.	9 Mar 2020	0588	
590	3	2	Aftermathing	2.1. impacting		trying to stop	/	Mp3 Lethabo was tear	3	Mpata, M.	9 Mar 2020	0589	
591	3	2	Aftermathing	2.1. impacting		undermining their se	/	DViura He humiliated me	9	Childress,	15 Mar 2020	0608	
592	3	2	Aftermathing	2.1. impacting		vaguing	/	Mp2 He looked sad w	3	Mpata, M.	8 Mar 2020	0590	
593	3	2	Aftermathing	2.1. impacting		vertigo	/	DVinira Damira also suffe	9	Childress,	20 Mar 2020	0591	
594	3	2	Aftermathing	2.1. impacting		warying: distrusting	/	Mp3 Lethabo was tear	3	Mpata, M.	9 Mar 2020	0592	
595	3	2	Aftermathing	2.1. treatment		managing distress	/	Interpersonal viol	27	Romito, P.	26 Mar 2020	0595	
596	3	2	Aftermathing	2.1. treatment		managing PTSD	/	Interpersonal viol	29	McLean, C	27 Mar 2020	0597	
597	3	2	Aftermathing	2.1. treatment		raising flexibility, inc	/	Interpersonal viol	29	McLean, C	27 Mar 2020	0596	
598	3	2	Aftermathing	2.2. protecting		ashaming	/	Mp2 He looked sad w	3	Mpata, M.	8 Mar 2020	0609	
599	3	2	Aftermathing	2.2. protecting		avenging	/	Mp2 He looked sad w	3	Mpata, M.	8 Mar 2020	0610	
600	3	2	Aftermathing	2.2. protecting		avoiding revictimisat	/	Mp4 Tumelo was re-vi	3	Mpata, M.	9 Mar 2020	0611	
601	3	2	Aftermathing	2.2. protecting		forgetting	/	Mp2 He looked sad w	3	Mpata, M.	8 Mar 2020	0612	
602	3	2	Aftermathing	2.2. protecting		revenging	/	Mp1 It was also appar	3	Mpata, M.	8 Mar 2020	0613	
603	3	2	Aftermathing	2.2. protecting		secreting	/	Mp2 He looked sad w	3	Mpata, M.	8 Mar 2020	0614	
604	3	2	Aftermathing	2.2. protecting		secretising	/	Mp4 Tumelo was re-vi	3	Mpata, M.	9 Mar 2020	0615	
605	3	2	Aftermathing	2.2. protecting		deciding to leave	/	DVinira I even attempted	9	Childress,	20 Mar 2020	0616	
606	3	2	Aftermathing	2.2. protecting		moving house	/	16 "We were in the h	4	Gumbi, M.	13 Mar 2020	0617	
607	3	2	Aftermathing	2.3. reporting		angry with police	/	Mp3 Throughout the ir	3	Mpata, M.	9 Mar 2020	0618	
608	3	2	Aftermathing	2.3. reporting		mismanaging case	/	Mp3 Throughout the ir	3	Mpata, M.	9 Mar 2020	0619	
609	3	2	Aftermathing	2.3. reporting		monitoring police ca	/	Mp1 It was also appar	3	Mpata, M.	8 Mar 2020	0620	
610	3	2	Aftermathing	2.3. reporting		unhelping - police	/	Mp4 Tumelo was re-vi	3	Mpata, M.	9 Mar 2020	0621	
611	3	2	Aftermathing	2.3. reporting, not		not reporting	/	Mp2 He looked sad w	3	Mpata, M.	8 Mar 2020	0622	
612	3	2	Aftermathing	2.3. reporting		avenging - police	/	9 "The head of dete	4	Gumbi, M.	13 Mar 2020	0623	
613	3	2	Aftermathing	2.3. reporting		hatespeaking	/	9 "The head of dete	4	Gumbi, M.	13 Mar 2020	0624	
614	3	2	Aftermathing	2.3. reporting		requesting a woman	/	9 "The head of dete	4	Gumbi, M.	13 Mar 2020	0625	
615	3	2	Aftermathing	2.3. reporting		requesting statemer	/	9 "The head of dete	4	Gumbi, M.	13 Mar 2020	0626	
616	3	2	Aftermathing	2.4. supporting		accusing victim	/	Mp4 Tumelo was re-vi	3	Mpata, M.	9 Mar 2020	0627	
617	3	2	Aftermathing	2.4. supporting		checkingup medical	/	Mp1 It was also appar	3	Mpata, M.	8 Mar 2020	0628	
618	3	2	Aftermathing	2.4. supporting		checkingup medical	/	Mp2 He looked sad w	3	Mpata, M.	8 Mar 2020	0629	
619	3	2	Aftermathing	2.4. supporting		consulting doctor	/	Mp3 Throughout the ir	3	Mpata, M.	9 Mar 2020	0630	
620	3	2	Aftermathing	2.4. supporting		grandmothering	/	Mp4 Tumelo was re-vi	3	Mpata, M.	9 Mar 2020	0631	

No.	4or 3or	3rd level	2or 2no	2nd level	2nd lev. alt	1order: code	/ n m type P, i data	No.	source	date	0000	memo
621	3	2	Aftermathing	2.4. supporting		insulting	/ AcquaMp5 He became emot	3	Mpata, M.	9 Mar 2020	0632	
622	3	2	Aftermathing	2.4. supporting		playing role	/ Mp3 Throughout the ir	3	Mpata, M.	9 Mar 2020	0633	
623	3	2	Aftermathing	2.4. supporting		revictimising	/ Mp4 Tumelo was re-vi	3	Mpata, M.	9 Mar 2020	0634	
624	3	2	Aftermathing	2.4. supporting		revictimising	/ Mp5 He became emot	3	Mpata, M.	9 Mar 2020	0635	
625	3	2	Aftermathing	2.4. supporting		sympathising	/ Mp4 Tumelo was re-vi	3	Mpata, M.	9 Mar 2020	0636	
626	3	2	Aftermathing	2.4. supporting		traumatising	/ 16 "We were in the f	4	Gumbi, M.	13 Mar 2020	0637	
627	3	2	Aftermathing	2.4. treatment		needing treatment	/ DVinira Damira also suffer	9	Childress,	20 Mar 2020	0643	regular i
628	3	2	Aftermathing	2.4. treatment		treating medically	/ DV kan He beat me badly	9	Childress,	20 Mar 2020	0645	
629	3	2	Aftermathing	2.4. treatment		accessing healthcar	/ Vi Grounded theory	13	Snyder, B.	25 Mar 2020	0638	
630	3	2	Aftermathing	2.4. treatment		bonding with victim	/ Grounded theory	16	Gomes, N	25 Mar 2020	0639	
631	3	2	Aftermathing	2.4. treatment		informing of rights	/ Grounded theory	16	Gomes, N	25 Mar 2020	0641	
632	3	2	Aftermathing	2.4. treatment		listening attentively	/ Grounded theory	16	Gomes, N	25 Mar 2020	0642	
633	3	2	Aftermathing	2.4. treatment		referring effectively	/ Grounded theory	16	Gomes, N	25 Mar 2020	0644	
634	3	2	Aftermathing	2.4. treatment		influencing opinions	/ Grounded theory	20	Haselschw	26 Mar 2020	0640	
635	3	2	Aftermathing	2.4. treatment		narrating	/ Interpersonal viol	28	Day, K. W	27 Mar 2020	0646	
636	3	2	Aftermathing	2.4. treatment		existentialling	/ Interpersonal viol	28	Day, K. W	27 Mar 2020	0647	
637	3	2	Aftermathing	2.4. treatment		facing anxiety	/ Interpersonal viol	28	Day, K. W	27 Mar 2020	0648	
638	3	2	Aftermathing	2.4. treatment		rescripting trauma a	/ Interpersonal viol	28	Day, K. W	27 Mar 2020	0649	
639	3	3	Mopping up	3.1. evaluating		hiding keys	/ Evalua 2 "The attackers wi	4	Gumbi, M.	12 Mar 2020	0650	
640	3	3	Mopping up	3.1. evaluating		inside house	/ 2 "The attackers wi	4	Gumbi, M.	12 Mar 2020	0651	
641	3	3	Mopping up	3.1. evaluating		instructing to apolog	/ 9 "The head of det	4	Gumbi, M.	13 Mar 2020	0652	
642	3	3	Mopping up	3.1. evaluating		locking everything	/ 5 One of the respo	4	Gumbi, M.	12 Mar 2020	0653	
643	3	3	Mopping up	3.1. evaluating		multiple attacks	/ 4 Thirty-nine perce	4	Gumbi, M.	12 Mar 2020	0654	
644	3	3	Mopping up	3.1. evaluating		multiple attacks	/ 5 Respondent five	4	Gumbi, M.	12 Mar 2020	0655	
645	3	3	Mopping up	3.1. evaluating		placing safes	/ 2 "The attackers wi	4	Gumbi, M.	11 Mar 2020	0656	
646	3	3	Mopping up	3.1. evaluating		unlocked safety doo	/ 2 "The attackers wi	4	Gumbi, M.	12 Mar 2020	0657	
647	3	3	Mopping up	3.1. evaluating		weak burglar bars	/ 2 "The attackers wi	4	Gumbi, M.	12 Mar 2020	0658	
648	3	3	Mopping up	3.1. factoring risk		abusing children	/ It may be conclus	2	Manyema,	8 Mar 2020	0659	
649	3	3	Mopping up	3.1. factoring risk		being black	/ Violence was mo	1	Fry, L. J.	7 Mar 2020	0660	Blacks a
650	3	3	Mopping up	3.1. factoring risk		being male	/ Violence was mo	1	Fry, L. J.	7 Mar 2020	0661	Men are
651	3	3	Mopping up	3.1. factoring risk		being poor	/ Six variables rea	1	Fry, L. J.	7 Mar 2020	0662	Poor pe
652	3	3	Mopping up	3.1. factoring risk		being young	/ IV Violence was mo	1	Fry, L. J.	7 Mar 2020	0663	The risk
653	3	3	Mopping up	3.1. factoring risk		being young	/ Violence was mo	1	Fry, L. J.	7 Mar 2020	0664	People i
654	3	3	Mopping up	3.1. factoring risk		being young	/ The experience c	2	Manyema,	8 Mar 2020	0665	
655	3	3	Mopping up	3.1. factoring risk		drinking alcohol	/ It may be conclus	2	Manyema,	8 Mar 2020	0666	
656	3	3	Mopping up	3.1. factoring risk		home/neighbourhood	/ Six variables rea	1	Fry, L. J.	7 Mar 2020	0667	Interper
657	3	3	Mopping up	3.1. factoring risk		property crime	/ Six variables rea	1	Fry, L. J.	7 Mar 2020	0668	An expe
658	3	3	Mopping up	3.1. factoring risk		providing mental he	/ It may be conclus	2	Manyema,	8 Mar 2020	0669	
659	3	3	Mopping up	3.1. factoring risk		smoking	/ It may be conclus	2	Manyema,	8 Mar 2020	0670	
660	3	3	Mopping up	3.1. factoring risk		urbanicity	/ Our results show	2	Manyema,	8 Mar 2020	0671	
661	3	3	Mopping up	3.1. factoring		drinking alcohol	/ DVaem In the morning I v	9	Childress,	20 Mar 2020	0672	When ic
662	3	3	Mopping up	3.1. factoring		insecuring	/ DV act Because domest	9	Childress,	20 Mar 2020	0673	
663	3	3	Mopping up	3.1. factoring		vulnerabling	/ DV act Because domest	9	Childress,	20 Mar 2020	0674	
664	3	3	Mopping up	3.1. factoring		choosing high secur	/ several "Poor security do	4	Gumbi, M.	14 Mar 2020	0675	
665	3	3	Mopping up	3.1. factoring		familiarity: working a	/ 19 Respondent nine	4	Gumbi, M.	13 Mar 2020	0676	
666	3	3	Mopping up	3.1. factoring		inadequate security	/ several "Poor security do	4	Gumbi, M.	14 Mar 2020	0677	
667	3	3	Mopping up	3.1. factoring		watching TV	/ 16 "We were in the f	4	Gumbi, M.	13 Mar 2020	0678	
668	3	3	Mopping up	3.1. exposing		desensitising	/ Exposing. Rural residents s	2	Manyema,	8 Mar 2020	0679	exposin
669	3	3	Mopping up	3.1. exposing		exposing to violence	/ Rural residents s	2	Manyema,	8 Mar 2020	0680	
670	3	3	Mopping up	3.1. exposing		numbing emotionally	/ Rural residents s	2	Manyema,	8 Mar 2020	0681	
671	3	3	Mopping up	3.1. exposing		removing buffers	/ Rural residents s	2	Manyema,	8 Mar 2020	0682	
672	3	3	Mopping up	3.1. exposing		questioning sanity	/ DViura He humiliated me	9	Childress,	15 Mar 2020	0683	
673	3	3	Mopping up	3.1. exposing		fearing on farm	/ 19 Respondent nine	4	Gumbi, M.	13 Mar 2020	0684	
674	3	3	Mopping up	3.1. victimising		being victimised	/ = done these Target hardening	1	Fry, L. J.	7 Mar 2020	0685	victimisi
675	3	3	Mopping up	3.1. victimising		victimising	/ = done these Target hardening	1	Fry, L. J.	7 Mar 2020	0686	
676	3	3	Mopping up	3.1. victimising		victimising previousl	/ = done these Target hardening	1	Fry, L. J.	7 Mar 2020	0687	
677	3	3	Mopping up	3.1. victimising		being friendless	/ = dc DV jem I have no friends.	9	Childress,	20 Mar 2020	0688	
678	3	3	Mopping up	3.1. victimising		fearing constantly	/ = dc DV act The respondents	9	Childress,	20 Mar 2020	0689	
679	3	3	Mopping up	3.1. victimising		uncertaining	/ = dc DV act The respondents	9	Childress,	20 Mar 2020	0690	
680	3	3	Mopping up	3.1. victimising		guilting	/ = dc DV act The respondents	9	Childress,	20 Mar 2020	0691	
681	3	3	Mopping up	3.1. victimising		ashaming	/ = dc DV act Victims felt ashar	9	Childress,	20 Mar 2020	0692	
682	3	3	Mopping up	3.1. victimising		helplessness	/ = dc DV act Victims felt ashar	9	Childress,	20 Mar 2020	0693	
683	3	3	Mopping up	3.1. victimising		scaring	/ = dc DV act Victims felt ashar	9	Childress,	20 Mar 2020	0694	

No.	4or 3or	3rd level	2or 2no	2nd level	2nd lev. alt	1order: code	/ n m type P, i data	No.	source	date	0000	memo
684	3	3	Mopping up	3.1.	victimising		anxietying / = dc DV act	9	Childress,	20 Mar 2020	0695	
685	3	3	Mopping up	3.1.	victimising		depressing / = dc DV act	9	Childress,	20 Mar 2020	0696	
686	3	3	Mopping up	3.1.	victimising		ilhealthing / = dc DV act	9	Childress,	20 Mar 2020	0697	
687	3	3	Mopping up	3.1.	victimising		attempting suicide / = dc DV act	9	Childress,	20 Mar 2020	0698	
688	3	3	Mopping up	3.1.	victimising		curving hands / = dc DV pira	9	Childress,	20 Mar 2020	0699	
689	3	3	Mopping up	3.1.	victimising		attempting suicide / = dc DVinira	9	Childress,	20 Mar 2020	0700	
690	3	3	Mopping up	3.1.	victimising		watching TV / = done tl 14	4	Gumbi, M.	13 Mar 2020	0701	
691	3	3	Mopping up	3.1.	victimising		poisoning self / = dc DVinira	9	Childress,	20 Mar 2020	0702	
692	3	3	Mopping up	3.1.	victimising		vicarious traumatisa / = dc	18	Pérez-Tar	26 Mar 2020	0703	
693	3	3	Mopping up	3.2.	securitising		clearing bushes /	1	Fry, L. J.	7 Mar 2020	0704	
694	3	3	Mopping up	3.2.	securitising		community danger / = either incl	2	Manyema,	8 Mar 2020	0705	commur
695	3	3	Mopping up	3.2.	securitising		securing environme / = Securing e	24	Anthony, M	26 Mar 2020	0706	
696	3	3	Mopping up	3.2.	securitising		impeding view / = either incl	1	Fry, L. J.	7 Mar 2020	0707	
697	3	3	Mopping up	3.2.	securitising		installing locks / = either incl	1	Fry, L. J.	7 Mar 2020	0708	
698	3	3	Mopping up	3.2.	securitising		lighting / = either incl	1	Fry, L. J.	7 Mar 2020	0709	
699	3	3	Mopping up	3.2.	securitising		protecting person / = either incl	1	Fry, L. J.	7 Mar 2020	0710	safetifyi
700	3	3	Mopping up	3.2.	securitising		protecting premises / = either incl	1	Fry, L. J.	7 Mar 2020	0711	
701	3	3	Mopping up	3.2.	securitising		providing security / = either incl	1	Fry, L. J.	7 Mar 2020	0712	
702	3	3	Mopping up	3.2.	securitising		securitising / = either incl	1	Fry, L. J.	7 Mar 2020	0713	
703	3	3	Mopping up	3.2.	securitising		viewing / = either incl	1	Fry, L. J.	7 Mar 2020	0714	
704	3	3	Mopping up	3.2.	securitising		breaking windows / = either i 16	4	Gumbi, M.	13 Mar 2020	0715	
705	3	3	Mopping up	3.2.	securitising		chasing off farm / = either i 19	4	Gumbi, M.	13 Mar 2020	0716	
706	3	3	Mopping up	3.2.	securitising		disregarding securit / = eitseveral	4	Gumbi, M.	14 Mar 2020	0717	
707	3	3	Mopping up	3.2.	securitising		staying safe / = either i 19	4	Gumbi, M.	13 Mar 2020	0718	
708	3	3	Mopping up	3.2.	securitising		surrounded by wind / = either i 16	4	Gumbi, M.	13 Mar 2020	0719	
709	3	3	Mopping up	3.2.	preventing		detering / = either incl	1	Fry, L. J.	7 Mar 2020	0720	safetifyi
710	3	3	Mopping up	3.2.	preventing		hardening target / = either incl	1	Fry, L. J.	7 Mar 2020	0721	
711	3	3	Mopping up	3.2.	preventing		preventing crime / = either incl	1	Fry, L. J.	7 Mar 2020	0722	
712	3	3	Mopping up	3.2.	preventing		buying house / = either i 19	4	Gumbi, M.	13 Mar 2020	0723	
713	3	3	Mopping up	3.2.	preventing		feeling unsafe / = either i 19	4	Gumbi, M.	13 Mar 2020	0724	
714	3	3	Mopping up	3.2.	preventing		security watch / = eitseveral	4	Gumbi, M.	13 Mar 2020	0725	
715	3	3	Mopping up	3.2.	preventing		staying on farm / = either i 19	4	Gumbi, M.	13 Mar 2020	0726	
716	3	3	Mopping up	3.2.	preventing - securitising		placing safe keys / = It can e 2	4	Gumbi, M.	12 Mar 2020	0727	mopping
717	3	3	Mopping up	3.2.	preventing - securitising		putting alarm off / = either i 5	4	Gumbi, M.	12 Mar 2020	0728	
718	3	3	Mopping up	3.2.	preventing - securitising		relocating to the sub / = either i 5	4	Gumbi, M.	12 Mar 2020	0729	
719	3	3	Mopping up	3.2.	preventing - securitising		selling farm / = either i 5	4	Gumbi, M.	12 Mar 2020	0730	
720	3	3	Mopping up	3.2.	preventing - securitising		sparing safety doors / = either i 2	4	Gumbi, M.	11 Mar 2020	0731	
721	3	3	Mopping up	3.3.	enforcing		enforcing law / = ei DVisha	9	Childress,	21 Mar 2020	0732	
722	3	3	Mopping up	3.3.	enforcing		enforcing law / = either incl	1	Fry, L. J.	7 Mar 2020	0733	enforcin
723	3	3	Mopping up	3.3.	enforcing		following-up incident / = either incl	1	Fry, L. J.	7 Mar 2020	0734	
724	3	3	Mopping up	3.3.	enforcing		responding to crime / = either incl	1	Fry, L. J.	7 Mar 2020	0735	
725	3	3	Mopping up	3.3.	enforcing		arresting attackers / = either i 9	4	Gumbi, M.	13 Mar 2020	0736	
726	3	3	Mopping up	3.3.	enforcing		arresting attackers / = either i 12	4	Gumbi, M.	13 Mar 2020	0737	
727	3	3	Mopping up	3.3.	enforcing		charging / = either i 12	4	Gumbi, M.	13 Mar 2020	0738	
728	3	3	Mopping up	3.3.	enforcing		confessing / = either i 12	4	Gumbi, M.	13 Mar 2020	0739	
729	3	3	Mopping up	3.3.	enforcing		following-up, not / = either i 12	4	Gumbi, M.	13 Mar 2020	0740	
730	3	3	Mopping up	3.3.	enforcing		losing confidence / = either i 14	4	Gumbi, M.	13 Mar 2020	0741	
731	3	3	Mopping up	3.3.	enforcing		pleading / = either i 12	4	Gumbi, M.	13 Mar 2020	0742	
732	3	3	Mopping up	3.3.	enforcing		releasing / = either i 12	4	Gumbi, M.	13 Mar 2020	0743	
733	3	3	Mopping up	3.3.	enforcing		using police guns / = either i 14	4	Gumbi, M.	13 Mar 2020	0744	Endang
734	3	3	Mopping up	3.3.	enforcing - training		re-orienting masculin / = either i	31	Taliep, Na	28 Mar 2020	0745	
735	3	3	Mopping up	3.3.	enforcing - lobbying		lobbying alcohol res / = either i	32	Fitterer, J.	28 Mar 2020	0746	
736	3	3	Mopping up	3.3.	reporting - enforcing		polygraphing suscep / o / = eith 4	4	Gumbi, M.	12 Mar 2020	0747	
737	3	3	Mopping up	3.3.	reporting		reporting crime / = either incl	1	Fry, L. J.	7 Mar 2020	0748	reportin
738	3	3	Mopping up	3.3.	reporting		reporting violence / = either incl	1	Fry, L. J.	7 Mar 2020	0749	
739	3	3	Mopping up	3.3.	reporting - enforcing		arresting attackers / o / = eith 5	4	Gumbi, M.	12 Mar 2020	0750	
740	3	3	Mopping up	3.3.	reporting - enforcing		catching perpetrator / o / = eith 5	4	Gumbi, M.	12 Mar 2020	0751	
741	3	3	Mopping up	3.3.	reporting - enforcing		sentencing perpetra / o / = eith 5	4	Gumbi, M.	12 Mar 2020	0752	
742	3	3	Mopping up	3.4.	handling		counselling /	15	Lawlor, R.	25 Mar 2020	0753	
743	3	3	Mopping up	3.4.	handling		aggressing / = Some victi	2	Manyema,	8 Mar 2020	0754	safetifyi
744	3	3	Mopping up	3.4.	handling		aggressing / = all in alrea	2	Manyema,	8 Mar 2020	0755	
745	3	3	Mopping up	3.4.	handling		depressing / = all in alrea	2	Manyema,	8 Mar 2020	0756	
746	3	3	Mopping up	3.4.	handling		depressing / = all in alrea	2	Manyema,	8 Mar 2020	0757	

No.	4or 3or	3rd level	2or 2no	2nd level	2nd lev. alt	1order: code	/ n m type P, i data	No.	source	date	0000	memo	
747	3	3	Mopping up	3.4. handling		depressing	/ = all in alrea In the United Sta	2	Manyema,	8 Mar 2020	0758		
748	3	3	Mopping up	3.4. handling		depressing	/ = all in alrea Women who exp	2	Manyema,	8 Mar 2020	0759		
749	3	3	Mopping up	3.4. handling		disciplining harshly	/ = all in alrea In the United Sta	2	Manyema,	8 Mar 2020	0760		
750	3	3	Mopping up	3.4. handling		distressing	/ = all in alrea A link between e	2	Manyema,	8 Mar 2020	0761		
751	3	3	Mopping up	3.4. handling		distressing	/ = all in alrea In the urban SEM	2	Manyema,	8 Mar 2020	0762	commu	
752	3	3	Mopping up	3.4. handling		distressing	/ = all in alrea The association t	2	Manyema,	8 Mar 2020	0763		
753	3	3	Mopping up	3.4. handling		distressing	/ = all in alrea Before adjusting	2	Manyema,	8 Mar 2020	0764		
754	3	3	Mopping up	3.4. handling		distressing	/ = all in alrea A direct associati	2	Manyema,	8 Mar 2020	0765		
755	3	3	Mopping up	3.4. handling		impacting mental he	/ = all in alrea More urban adole	2	Manyema,	8 Mar 2020	0766	safetifyi	
756	3	3	Mopping up	3.4. handling		increasing HIV	/ = all in alrea In the United Sta	2	Manyema,	8 Mar 2020	0767		
757	3	3	Mopping up	3.4. handling		intervening in health	/ = all in alrea Adolescence is a	2	Manyema,	8 Mar 2020	0768		
758	3	3	Mopping up	3.4. handling		investing in children	/ = all in alrea Adolescence is a	2	Manyema,	8 Mar 2020	0769		
759	3	3	Mopping up	3.4. handling		maintaining benefits	/ = all in alrea Adolescence is a	2	Manyema,	8 Mar 2020	0770		
760	3	3	Mopping up	3.4. handling		maximising adulthoc	/ = all in alrea Adolescence is a	2	Manyema,	8 Mar 2020	0771		
761	3	3	Mopping up	3.4. handling		moderating distress	/ = all in alrea More urban adole	2	Manyema,	8 Mar 2020	0772		
762	3	3	Mopping up	3.4. handling		moderating trauma	/ = all in alrea More urban adole	2	Manyema,	8 Mar 2020	0773		
763	3	3	Mopping up	3.4. handling		parenting badly	/ = all in alrea In the United Sta	2	Manyema,	8 Mar 2020	0774		
764	3	3	Mopping up	3.4. handling		performing diatelo (/ = all in alrea my worded sumn	3	Mpata, M.	9 Mar 2020	0775		
765	3	3	Mopping up	3.4. handling		somaticising	/ = all in alrea In the United Sta	2	Manyema,	8 Mar 2020	0776		
766	3	3	Mopping up	3.4. handling		stressing	/ = all in alrea	2	Manyema,	8 Mar 2020	0777	stressfu	
767	3	3	Mopping up	3.4. handling		stressing / PTSD	/ = all in alrea A link between e	2	Manyema,	8 Mar 2020	0778		
768	3	3	Mopping up	3.4. handling		stressing / PTSD	/ = all in alrea In the United Sta	2	Manyema,	8 Mar 2020	0779		
769	3	3	Mopping up	3.4. handling		stressing / PTSD	/ = all in alrea In the United Sta	2	Manyema,	8 Mar 2020	0780		
770	3	3	Mopping up	3.4. handling		suppressing	/ = all in alrea my worded sumn	3	Mpata, M.	9 Mar 2020	0781		
771	3	3	Mopping up	3.4. handling		telling them of the in	/ = all in alrea my worded sumn	3	Mpata, M.	9 Mar 2020	0782		
772	3	3	Mopping up	3.4. handling		transmitting trauma	/ = all in alrea A link between e	2	Manyema,	8 Mar 2020	0783		
773	3	3	Mopping up	3.4. handling		worsening mental he	/ = all IV A link between e	2	Manyema,	8 Mar 2020	0784		
774	3	3	Mopping up	3.4. handling		worsening mental he	/ = all in alrea Women who exp	2	Manyema,	8 Mar 2020	0785		
775	3	3	Mopping up	3.4. handling		avoiding work	/ = all in a 14 Respondent four	4	Gumbi, M.	13 Mar 2020	0786		
776	3	3	Mopping up	3.4. handling		fearing death	/ = all in a 14 Respondent four	4	Gumbi, M.	13 Mar 2020	0787		
777	3	3	Mopping up	3.4. supporting		affecting interpretation		2	Manyema,	8 Mar 2020	0788	safetifyi	
778	3	3	Mopping up	3.4. supporting		aggressing		14 Respondent four	4	Gumbi, M.	13 Mar 2020	0789	
779	3	3	Mopping up	3.4. supporting		battling	/	5 One of the respo	4	Gumbi, M.	12 Mar 2020	0790	
780	3	3	Mopping up	3.4. supporting		consulting helpers	/	my worded sumn	3	Mpata, M.	9 Mar 2020	0791	
781	3	3	Mopping up	3.4. supporting		fearing constantly		5 One of the respo	4	Gumbi, M.	12 Mar 2020	0792	
782	3	3	Mopping up	3.4. supporting		fearing for the family's safety		5 One of the respo	4	Gumbi, M.	12 Mar 2020	0793	
783	3	3	Mopping up	3.4. supporting		hearing about		14 Respondent four	4	Gumbi, M.	13 Mar 2020	0794	
784	3	3	Mopping up	3.4. supporting		interpreting symptom	/	Rural residents s	2	Manyema,	8 Mar 2020	0795	
785	3	3	Mopping up	3.4. supporting		living in fear		21 The twenty-first r	4	Gumbi, M.	13 Mar 2020	0796	
786	3	3	Mopping up	3.4. supporting		sourcing distress		Rural residents s	2	Manyema,	8 Mar 2020	0797	
787	3	3	Mopping up	3.4. supporting		supporting socially	/ on 31 May 2	More urban adole	2	Manyema,	8 Mar 2020	0798	
788	3	3	Mopping up	3.4. supporting		tailoring intervention	/	This difference bi	2	Manyema,	8 Mar 2020	0799	
789	3	3	Mopping up	3.4. supporting		taking time	/	14 Respondent four	4	Gumbi, M.	13 Mar 2020	0800	
790	3	3	Mopping up	3.4. training		approaching solution	/	Target hardening	1	Fry, L. J.	7 Mar 2020	0801	Training
791	3	3	Mopping up	3.4. training		developing watch groups	/	"...residents should be encouraged to develop local neighbourhood anti-crime groups..." (pp. 274-275).	1	Fry, L. J. (2014). Factors which predict interpersonal violence...	7 Mar 2020	0802	
792	3	3	Mopping up	3.4. training		encouraging action	/	Target hardening	1	Fry, L. J.	7 Mar 2020	0803	
793	3	3	Mopping up	3.4. training		training programmes	/	Target hardening	1	Fry, L. J.	7 Mar 2020	0804	
794	3	3	Mopping up	3.4. training		awareness training	/	Porter (2011) dev	11	Porter, R.	25 Mar 2020	0805	
795	3	3	Mopping up	3.4. supporting		going for counselling	/	14 Respondent four	4	Gumbi, M.	13 Mar 2020	0806	
796	3	3	Mopping up	3.4. training		calling first	/	21 The twenty-first r	4	Gumbi, M.	13 Mar 2020	0807	
797	3	3	Mopping up	3.4. training		hesitating to shoot	/	21 The twenty-first r	4	Gumbi, M.	13 Mar 2020	0808	
798	3	3	Mopping up	3.4. training		shooting door-knock	/	21 The twenty-first r	4	Gumbi, M.	13 Mar 2020	0809	
799	3	3	Mopping up	3.4. training		traumatising	/	14 Respondent four	4	Gumbi, M.	13 Mar 2020	0810	
800	3	3	Mopping up	3.4. training		promoting nonviolence	/	Grounded theory	25	Salazar, M	26 Mar 2020	0811	
801	3	3	Mopping up	3.4. training		improving coping sk	/ Victors	Revictimisation th	33	Stockdale,	28 Mar 2020	0812	
802			These numbers are code and memo reference labels and are not sequential or indicative of the actual number of items in this sheet —>									0813	taken

Safetifying

from interpersonal violence through

Phasic Protective Sequencing

psycho-structural process (cf. Glaser, 1998)

MAIN CONCERN

Endangering

with interpersonal violence through

Contingent Contextual Conditioning

socio-structural process (cf. Glaser, 1998)

<u>Precipitants</u>	Process 2	<u>Condition 1</u> (tools)	<u>Condition 2</u> (subconditions)	<u>Consequence</u>	
	Process 1	The Elite	The People	Endangerment	
	Aspect 1	Politics	Socialisation	Organised crime	
	Aspect 2	Inferiority projection	Cultural norms	Assault / Rape	
	Aspect 3	Legislation	Alcohol use	Domestic violence	
	Aspect 4	Enforcement	Patriarchising	Farm attack	
	Aspect 5	Town Planning	Poverty	Shooting/Stabbing	cutting point
		amplifying mutual / reciprocal looping			
		conjunctural causal frequenting			

precipitates

RESOLUTION**Safetifying****PHASE 1**

before interpersonal violence through

Critical Assessive Dedangering

socio-psychological process (cf. Glaser, 1998)

<u>Processes</u>	Level 2	<u>Moment 1</u> (techniques)	<u>Moment 2</u> (tactics)	<u>Moment 3</u> (steps)	
	Level 1	Awarenessing	Setting up	Evaluating	
	Point 1	Observing signs	Preparing	Optioning	
	Point 2	Anticipating trouble	Invasiving	Weighting	
	Point 3	Averting danger	Forming	Turning	cutting point
		rapid momentary decisioning			

precipitates

Safetifying**PHASE 2**

during interpersonal violence through

Spontaneous Extrictive Functioning

psycho-physical process (cf. Glaser, 1998)

<u>Processes</u>	<u>Moment 1</u>	<u>Moment 2</u>	<u>Moment 3</u>	<u>Moment 4</u>	<u>Moment 5</u>	
	Awarenessing	Resiliencing	Finishing off	Futuring	Victoring	
Technique 1	Observing signs	Modulating	Gauging	Capacitating	Deciding for life	Level 1
Technique 2	Anticipating trouble	Tolerating pain	Tacticking	Expecting to live	Resisting	Level 2
Technique 3	Averting danger	Enduring	Stopping attacker	Consciousing	Receiving help	Level 4
		cutting point	cutting point		cutting point	Level 3
			tactical manoeuvring			

precipitates

Safetifying**PHASE 3**

after interpersonal violence through

Abiding Self-Transformative Progressing

psycho-structural process (cf. Glaser, 1998)

<u>Processes</u>	<u>Passage 1</u>	<u>Passage 2</u>	<u>Passage 3</u>	<u>Passage 4</u>	<u>Passage 5</u>	
	Awarenessing	Resiliencing	Finishing up	Futuring	Victoring	
Step 1	Perceiving	Reclaiming	Relinquishing	Organising	Determinating	Level 2
Step 2	Disentangling	Believing	Banishing	Goalsetting	Welcoming	Level 3
Step 3	Perspectivising	Selfloving	Liberating	Selfsupporting	Helping	Level 4
Step 4	Understanding	Independending	Gratituding	Connecting	Contributing	
Step 5	Decisiving	Asserting	Apologising	Strengthening	Benefitting	
Step 6	Shrewding	Confidenting	Healing	Achieving	Increasing	
Step 7	Changing	Positiving	Motivating	Contenting	Growing	
			stepped passaging			Level 1



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Safetifying from interpersonal violence
through Phasic Protective Sequencing:
A classic grounded metatheory

by

Antony Last

submitted in accordance with the requirements

for the degree of

Master of Arts

in the subject

Psychology

at the

University of South Africa

Supervisor: Dr. M. A. Gumani

November 2020

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Safetifying from interpersonal violence through Phasic Protective Sequencing:
A classic grounded metatheory by Antony Last submitted in accordance with the requirements for the degree of Master of Arts in the subject Psychology at the University of South Africa Supervisor: Dr. M. A. Gumanl November 2020 Dedication This research is dedicated: To my sister, nieces, and nephews who know the devastation, pain, and loss wrought by interpersonal violence. May you always be safe and sound. To my late brother-in-law Peter Snyman. To all those who have experienced interpersonal violence—physical, psychological, or emotional. Declaration Name: Antony Last Student number: 03696359 Degree: MA (PSYCHOLOGY) 98402 Title of dissertation: Safetifying from interpersonal violence through Phasic Protective Sequencing: A classic grounded metatheory I declare that the above-named dissertation is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references. I further declare that I submitted the dissertation to originality checking software and that it falls within the accepted requirements for originality. The relevant document may be viewed in Appendix F. I further declare that I have not previously submitted this work, or part of it, for examination at Unisa for another qualification or at any other higher education institution. Signature: Date: 11 November 2020 Summary This study generates a metatheory of Interpersonal violence from an initial qualitatively highest scoring academic literature item and theoretically sampling over 200 additional literature items using classic grounded theory methodological analysis and synthesis. Danger emerged as the main concern of those experiencing Interpersonal violence. Safetifying from Interpersonal violence through the socio-psycho-physical process of Phasic Protective Sequencing emerged as the resolution of the main concern. The metatheory of safetifying emerged in four parts: 1. The first was the socio-structural process of endangering with interpersonal

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